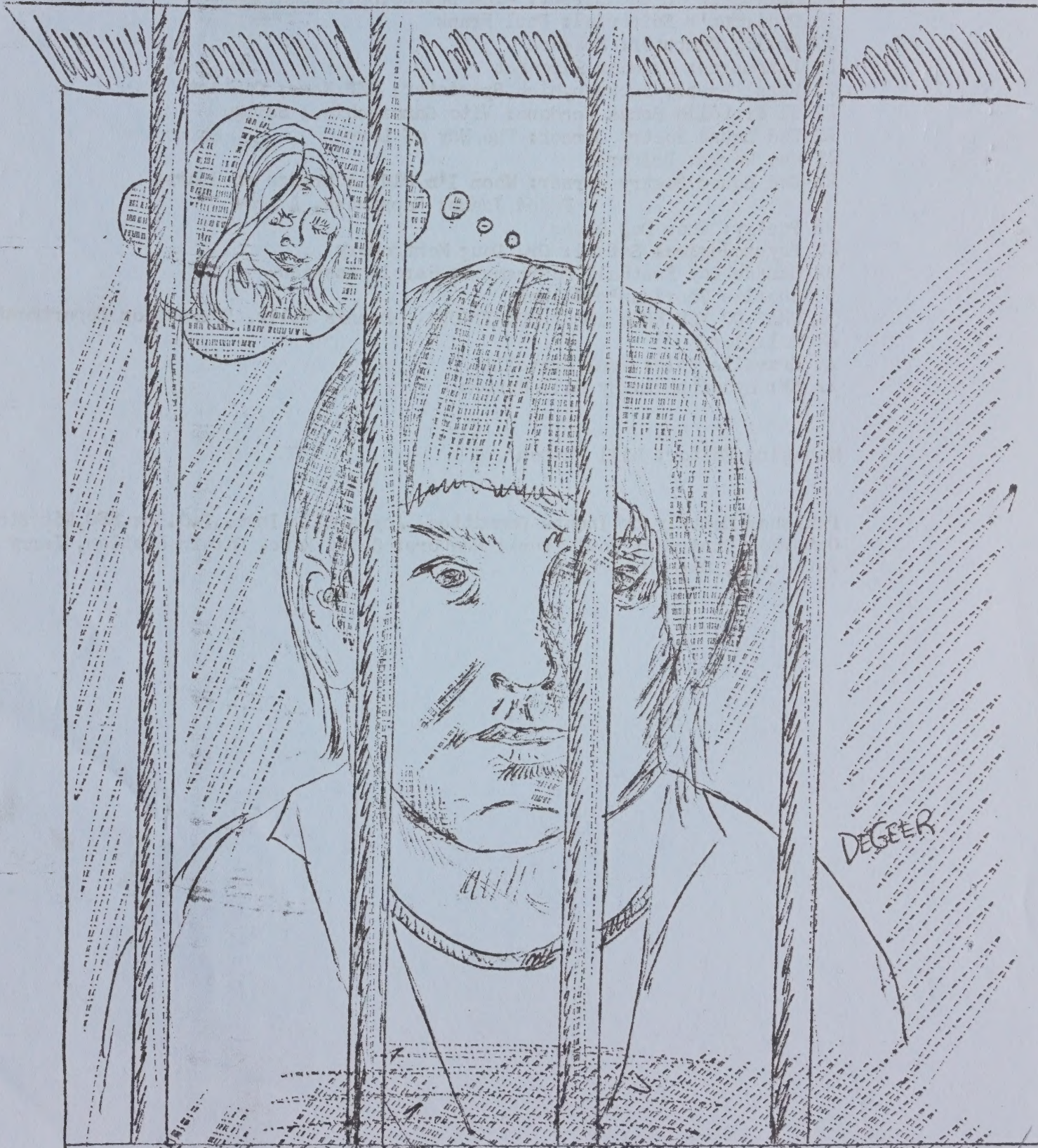


CENTRE OF CRIMINOLOGY

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ADVANCE



ADVANCE JULY-AUGUST 1978

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Managing Editor: Bill Hutton

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WHAT'S UP, WHAT'S GOING ON...

Well, the elections are over, and there's two new members on the crew... best of luck and lots of support is what these needy guys deserve... See the fence is being moved to allow more space, with the help of Gerry's Soc Squad...

Still waiting for the word on any new Family Day changes... Jerry Patterson and his Sports Crew are hard at it trying to get some improvements in the world of Sports...

Myself, I'm into my release programme, and to be truthful, I am having trouble concentrating...

Warden's Congress on August 13th, with some decent prizes... Tournament Weekend coming on the 5,6,7 of August... Field Day on the September Long Weekend... Family Day will be on the 16th of September, with ponies for the kiddies and our own local talent for entertainment in the afternoon, and we will probably go for stereo at night since things are reasonably quiet then... besides, money is tight...

See the approval for the truck drive bags was given for the Lifers and sales, etc. should start shortly... I know Big Mac is having an attack waiting for the co-operation from all parties...

The Farm Annex screwed us on the League at least for this year, but you can bet next year will be different... Looks like the Barter Exchange is "GO"... at least the guys have shown a fair amount of interest...

Congratulations to the newspaper editor for the job he has been doing with the newspaper...

Still having trouble with the kitchen and one would think that after a few years the powers would be doing something about it... Guess what? The soap dishes are on their way after six months of waiting...

Fans are finally in and working... The aerial people are still around and working...

The buy of the year—the TV's—are all working...

Still lots of questions about all these new court rulings, and how they affect the guys... some Sentence Administration doesn't like to share the news... leaving lots of people confused...

Well, not much more going on right now... will catch you later...



"Just what did you expect for a quarter?!"
Decker...

SOFTBALL LEAGUE

BLUE JAYS

MAJORS

JULY 15/78 2

NAME	GP	AB	R	H	PO	A	E	2B	3B	HR	SB	SA	HP	BB	SO	RO	BAT. ADV.	FIELD ADV.
A. PYSHER	3	7	3	3	5	0	1	0	0	0	0	0	0	0	0	2	.429	.833
J. COOK	15	54	16	22	9	10	3	5	4	4	2	2	1	2	0	22	.407	.864
P. FRANK	13	42	13	16	14	3	5	3	2	0	1	4	2	5	2	6	.381	.850
J. COMLIN	15	54	14	18	14	18	5	4	1	0	3	0	0	8	8	15	.333	.865
T. MELANSON	12	24	9	7	20	11	0	2	2	0	0	3	1	10	1	6	.292	1.000
L. WALTERS	14	56	17	16	42	23	14	1	2	1	8	1	1	3	1	9	.286	.823
C. TATTERSALL	13	45	10	12	13	8	4	2	0	0	3	0	0	3	5	6	.267	.840
R. VAN BREE	6	15	3	4	0	1	1	0	0	2	2	1	0	2	5	3	.267	.500
I. CURRIE	15	51	9	8	16	0	2	0	2	0	24	3	0	7	16	8	.258	.889
D. DOWELL	5	12	1	3	1	0	1	0	1	0	1	0	0	0	2	1	.250	.500
R. KEAYS	14	36	16	8	9	3	3	1	1	10	0	14	3	8			.222	.842
R. CANTIN	4	9	3	2	1	0	0	0	0	0	1	0	0	1	3	0	.222	1.000

DODGERS

MAJORS

JULY 15/78

NAME	GP	AB	R	H	PO	A	E	2B	3B	HR	SB	SA	HP	BB	SO	RO	BAT. ADV.	FIELD ADV.
R. BABISTER	10	30	13	15	50	5	0	2	1	0	8	0	2	3	4	5	.500	1.000
J. LANE	16	55	15	20	14	25	7	7	1	2	8	1	1	4	7	15	.364	.854
A. SWEENEY	14	47	10	17	16	4	4	4	1	3	6	1	0	4	14	14	.362	.833
G. PRINCE	15	47	7	16	25	32	4	2	2	0	3	1	0	2	5	4	.340	.934
D. COOPER	4	12	4	4	2	5	5	1	0	0	3	0	0	3	3	4	.333	.583
G. GEARY	14	41	15	13	14	20	7	5	1	1	6	1	1	7	10	6	.317	.829
G. BELL	14	51	14	16	21	0	7	3	2	2	4	0	2	5	10	12	.314	.750
J. MARTIN	8	23	10	6	22	9	10	2	0	1	5	1	0	3	4	6	.261	.756
J. ST. CROIX	10	28	5	6	5	13	3	1	1	0	4	1	0	5	6	5	.214	.857
H. BASTIEN	6	14	2	3	11	1	2	0	0	0	3	0	0	2	6	0	.214	.857
B. STEWART	15	39	10	5	16	0	8	0	0	0	7	0	1	10	22	1	.128	.667

SOFTBALL LEAGUE

TIGERS

MAJORS

JULY 15/78 3

NAME	GP	AB	R	H	PO	A	E	2B	3B	HR	SB	SA	HP	BB	SO	R ₁	BAT. ADV.	FIELD ADV.
R. BONE	5	18	7	8	5	1	5	1	0	0	2	0	0	1	3	3	.444	.545
T. DESAULNIER	13	36	12	13	15	6	6	0	1	0	10	0	0	5	8	10	.361	.778
P. LAMBERT	13	42	13	15	5	13	2	2	3	0	1	0	1	8	5	6	.357	.900
G. DESCHAMPS	5	16	3	5	6	0	0	1	0	0	0	0	0	0	3	7	.313	1.000
L. ARMES	45	52	9	14	12	13	9	2	1	0	3	1	0	2	6	11	.269	.735
B. MACDONALD	10	28	5	7	59	3	1	2	0	0	1	0	0	6	9	3	.250	.984
S. MCCARTNEY	4	14	1	2	4	1	0	0	0	0	0	0	0	1	5	2	.143	1.000
D. JONES	14	38	2	5	25	8	5	0	1	0	0	1	0	4	12	3	.132	.868
M. MCKENNA	12	32	3	3	16	19	4	0	0	0	0	1	1	3	10	2	.094	.897
J. ZIEMBA	4	13	0	0	4	4	4	0	0	0	0	0	0	0	3	1	.000	.667

BY J. Hagan COMMISSIONER

RAIDERS

MINORS

JULY 15/78

NAME	GP	AB	R	H	PO	A	E	2B	3B	HR	SB	SA	HP	BB	SO	R ₁	BAT. ADV.	FIELD ADV.
R. STUBBERT	6	9	11	6	1	3	3	3	0	0	4	0	1	12	2	5	.667	.571
L. MEREDITH	12	45	23	25	6	21	6	2	6	3	4	0	1	5	3	29	.556	.818
K. FRISSE	4	16	8	8	4	0	1	4	0	1	3	0	0	0	2	4	.500	.800
R. MCGILL	4	9	0	4	1	2	1	0	1	0	1	0	0	0	2	4	.444	.750
R. LONE	9	34	21	15	7	7	11	2	0	3	6	1	1	6	3	15	.441	.560
B. ANGUS	13	47	26	19	78	1	5	2	6	0	6	1	3	8	5	16	.404	.940
K. SEABROOKE	13	47	18	17	11	20	6	1	2	0	3	2	0	10	5	18	.362	.838
S. TAILLON	13	43	17	15	10	25	6	2	5	1	6	0	0	6	5	13	.349	.833
J. BELL	9	21	10	7	6	6	6	2	0	1	2	0	1	4	2	8	.333	.667
G. LEAVE	8	18	11	5	3	3	7	1	1	1	1	1	0	11	7	4	.278	.462
A. BELLEMARIE	12	31	11	7	17	4	4	0	0	0	6	1	0	7	6	3	.226	.840
G. GEMTNER	10	30	13	5	8	2	3	2	1	0	0	3	0	6	8	8	.167	.769
R. KILLEEN	4	6	6	1	2	1	1	1	0	0	3	1	0	5	3	3	.167	.750
D. NORLAND	3	7	1	1	4	1	0	0	0	0	0	0	1	1	2	1	.143	1.000

SOFTBALL LEAGUE

ANIMALS

MINORS

JULY 15/78 4

NAME	GP	AB	R	H	PO	A	E	2B	3B	HR	SB	S ₂	HP	BB	SO	1B	BAT. ADV.	FIELD ADV.
W. TONLOUSE	7	30	16	16	9	9	1	3	2	1	5	0	1	1	0	4	.533	.947
J. MARTIN	3	13	7	6	5	4	1	1	1	0	3	0	0	0	0	2	.462	.900
W. WHITE	5	20	8	9	9	3	4	2	2	0	2	0	0	3	1	4	.450	.750
B. TESLIC	13	43	22	19	13	4	4	6	1	0	9	1	1	12	4	15	.442	.900
D. ROBERTSON	11	46	15	20	19	9	3	1	3	0	2	2	0	7	6	21	.435	.903
P. RITCHIE	4	15	5	8	2	1	1	0	0	0	0	0	0	4	4	6	.417	.750
B. WALKER	5	24	9	10	8	3	1	1	1	0	2	0	0	2	1	15	.417	.917
B. SHELLY	6	20	6	8	9	1	1	1	2	0	2	0	1	4	1	6	.400	.909
C. SPENCER	6	24	13	8	2	4	0	0	3	0	2	0	1	4	9	8	.333	1.000
H. GABBER	6	20	7	6	28	2	2	0	0	0	1	0	2	4	2	3	.300	.938
A. CORBEY	7	20	14	4	5	4	4	0	0	0	7	0	0	3	16	5	.200	.692

HURRICANES

MINORS

JULY 15/78

NAME	GP	AB	R	H	PO	A	E	2B	3B	HR	SB	S ₂	HP	BB	SO	1B	BAT. ADV.	FIELD ADV.
D. DOWELL	14	48	28	30	19	4	3	6	4	4	22	0	1	9	3	28	.625	.885
G. SAKAI	11	32	18	18	13	13	5	8	1	0	4	4	0	5	1	14	.563	.839
M. DAISLEY	7	27	18	14	24	1	1	2	1	0	11	0	2	4	5	17	.519	.962
E. ADAMS	7	22	14	11	15	2	1	2	3	1	9	0	1	8	2	10	.500	.944
D. THOMPSON	8	28	15	14	19	0	3	2	1	1	5	0	1	5	1	7	.500	.864
D. HOOPER	4	13	9	6	9	1	0	1	0	0	10	0	0	7	2	3	.462	1.000
J. CARRIE	3	8	7	3	0	5	0	1	0	0	2	0	1	5	0	2	.375	1.000
T. JACKSON	10	36	11	12	4	5	13	1	1	0	9	0	1	3	7	6	.333	.409
R. BURKE	10	29	15	9	12	6	10	0	0	0	7	1	1	9	6	6	.310	.643
G. DESCHAMPS	4	10	2	3	4	7	3	0	0	0	1	0	0	0	1	3	.300	.786
V. CAVERLY	7	20	5	4	4	6	2	1	0	1	2	1	1	4	3	8	.200	.750

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SOFTBALL LEAGUE

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TEN TOP HITTERS MAJORS

NAME	TEAM	GP	AB	H	BAT. ADV.
R. BABISTER	DODGERS	10	30	15	.500
J. COOK	BLUE JAYS	15	54	22	.407
P. FRANK	BLUE JAYS	13	42	16	.381
J. LANE	DODGERS	16	55	20	.364
A. SWEENEY	DODGERS	14	47	17	.362
T. DESAULNIER	TIGERS	13	36	13	.361
P. LAMBERT	TIGERS	13	42	15	.357
G. PRINCE	DODGERS	15	47	16	.340
J. CONLIN	BLUE JAYS	15	54	18	.333
G. GEARY	DODGERS	14	41	13	.317

MINORS

NAME	TEAM	GP	AB	H	BAT. ADV.
D. DOWELL	HURRICANES	14	48	30	.625
G. SAKAI	HURRICANES	11	32	18	.563
L. MEREDITH	RAIDERS	12	45	25	.556
W. TOULOUSE	ANIMALS	7	30	16	.533
B. TESLIE	ANIMALS	13	43	22	.442
R. BONE	RAIDERS	9	34	15	.441
D. ROBERTSON	ANIMALS	11	46	20	.435
B. ANGUS	RAIDERS	13	47	19	.404
K. SEABROOKE	RAIDERS	13	47	17	.362
S. TAILLON	RAIDERS	13	43	15	.349

JULY 15/78

BY J. Hagan COMMISSIONER

SOFTBALL LEAGUE

6

STANDINGS

MAJORS

JULY 15 / 78

TEAM	G P	W	L	T	POINTS
BLUE JAYS	15	13	2	0	26
DODGERS	16	7	8	1	15
TIGERS	15	2	12	1	5

MINORS

TEAM	G P	W	L	T	POINTS
RAIDERS	14	7	7	0	14
HURRICANES	14	7	7	0	14
ANIMALS	13	7	6	0	14

BJ F. Hagan COMMISSIONER

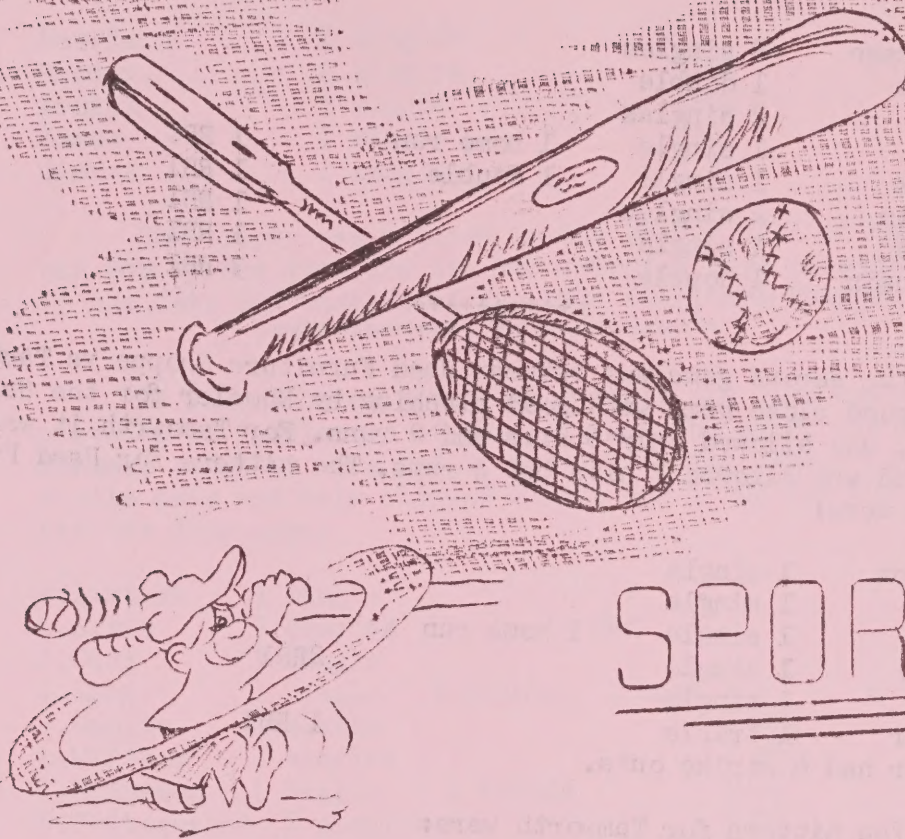
CREATIVE LISTENING by Richie Maciulko

Listening creatively can be a powerful thing. It is often much more effective than glib talk because it relaxes the other person's defences. I am not referring to the impatient listening of someone in an argument acidly awaiting an opportunity to reassert his own ideas with renewed vigor. I am not referring to the inquisitive listening of gossip, eager to acquire some new bit of information to be whispered with relish, nor to the critical listening of one who waits to pounce on some misstatement of fact or flaw in logic. I am not talking about the empty listening of someone who merely keeps quiet but hears nothing, nor about the sapless and mechanical listening of someone who wants to be analytical. All of these create emotional distance. They separate because they threaten.

Creative listening is something else again, with no flaw of impatience, no insincerity, no stupidity, no mere mechanics, no attempt at imposing one's own ideas; it sets about honestly, trying to find out what the other person is feeling. With quiet comprehension it attempts to discover the real nature of the intellectual soil and the emotional climate which the other requires in order to flourish; it tries to sense his underlying motives, his standards of value, his emotional hungers.

So an individual listens. At first all that comes may be superficial, obvious, even rebellious. But by being skillful enough, sincere enough, patient enough, by asking the right questions in the right way, by avoiding any attempt to impress by being brilliant, or witty or superior, by encouraging the other person to talk, it is possible to create the conditions in which he can express his

(cont'd on Religion Page)



EXHIBITION SOFTBALL by Jack Hagan

On June 28 the first exhibition game was played between the Jets and The Used Furniture Shoppe. With the great pitching of T. Melanson it was a "No Contest" for the Jets. The score at the end of the 7th was 14 to 0 for the Jets with the Used Furniture Shoppe getting only 2 hits to the Jets 10 hits. Gommer and Robertson got the hits for Used Furniture Shoppe. Nagy pitched the first 3 innings, getting 4 strike outs and Wheeler came in at the bottom of the 4th inning and made no strike outs. T. Melanson for the Jets pitched the whole game and came up with 12 strike outs. The hitters for the Jets were:

L. Arnes	1 tripe	1 single	1 RBI
R. Keays	1 double		
J. Cook	2 singles		3 RBI
P. Frank	1 single		2 RBI
J. Conlin	1 single		3 RBI
T. Melanson	1 single		1 RBI
J. Lane	1 triple	1 home run	2 RBI

On July 3rd a tournament was held with the Jets and 3 teams from outside. The first game was between the Jets vs Pines. With the great pitching of T. Melanson Pines could only get 3 hits and score 2 runs. To the Jets: 13 hits and 10 runs. D. Garrison, R. Garrison and A. Huyck got the hits for the Pines with R. Garrison getting a triple and an RBI. J. Reid, the pitcher, got 5 strike outs. T. Melanson of the Jets had 12 strike outs and the hitters for the jets were:

B.Beaucage	2 singles		
L.Arnes	1 double		
J.Lane	2 singles		
J.Cook	1 single	1 home run	1 RBI
P.Frank	1 single	1 double	1 RBI
J.Conlin	2 singles		1 RBI
R.Keays	1 single		1 RBI
T.Melanson	1 double		3 RBI

+++++

The second game was between Used Furniture Shoppe vs Tamworth. It was a good close game with good pitching by Wheeler for the Used Furniture Shoppe, who allowed only 6 hits and 2 runs. For Tamworth it was Pete McDonald who allowed 7 hits but 4 runs. The hitters for Used Furniture Shoppe were:

Garrison	1 single		
Harvey	1 single		
Arniel	1 single	1 home run	
Gommer	1 single		2RBI
James	1 single		
Wheeler	1 triple		1 RBI

Wheeler had 6 strike outs.

The hitters for Tamworth were:

Pat McDonald	1 home run	
B.Tuepha	1 single	
S.Kennedy	1 single	
B.Norris	1 single	1RBI
H.Hincey	1 single	
K.McLaughlin	1 single	

Pete McDonald had 10 strike outs.

+++++

In the evening the final game for the championship was played between the Jets vs Used Furniture Shoppe. Pat Lambert started the game for the Jets and was relieved by T. Melanson in the bottom part of the 5th inning, when the game was tied 5 to 5 and won by T.Melanson 9 to 5. P.Lambert allowed 5 runs and 5 hits, no strike outs and T. Melanson allowed 1 hit and no runs and had 4 strike outs, for the Jets. The hitters for the Jets were:

B.Beaucage	1 single	1 RBI
L.Arnes	2 singles	1 triple 1 BRI
P.:ambert	1 triple	1 RBI
J.Cook	1 single	1 RBI
J.Lane	1 single	
R.Keays	1 double	1 triple 1 RBI
J.Conlin	2 singles	1 RBI
L.Walters	1 single	1 RBI

Wheeler allowed 9 runs , 14 hits and had 2 strike outs for Used Furniture Shoppe. The hitters for the Used Furniture Shoppe were:

Garrison	2 singles	
Harvey	2 singles	1RBI
Arniel	1 single	1RBI
James	1 single	2RBI
Gommer	1 single	1 RBI

The trophy was donated by the Hockey Hall of Fame in Kingston and was won by the Jets and two MVP trophies were presented to L.Armes of the Jets and Wheeler of the Used Furniture Shoppe.

On July 9th the Jets played their 4th game and again the great pitching of T.Melanson of the Jets won the game. The game was between Beazers Bears vs Jets and it was a 9 inning game. T. Melanson had 14 strike outs and only allowed 2 hits and 1 run for the Jets. The hitters for the Jets were:

P.Lambert	1 single			
L.Armes	2 singles		2 RBI	
J.Cook	1 single			
J.Lane	1 single	1 double	1 home run	4 RBI
J.Conlin	1 double			1 RBI
L.Walters	2 singles			1 RBI
T.Melanson	1 single	1 triple		1RBI
D.Fritzgearld	2 singles			2RBI

M.Morrow, the pitcher for Beazers Bears had only 4 strike outs and allowed 14 hits and 13 runs. The hitters for Beazers Bears were:

M. Brunnett	1 single	1 RBI
B.Beazer	1 single	

GOD BLESS THE NEWFIES!!

A painting contractor hired two newfies to do some office painting for him. One day he decided to go around and see how the fellows were making out. When he entered the room he noticed that the one newfie was working away quite steadily, but couldn't see the other newfie around anywhere. Finally after some long searching he noticed the other newfie hanging from the ceiling by his feet.

CONTRACTOR: "What in the hell are you doing up there?"

NEWFIE: "I'm a lightbulb."

CONTRACTOR: "What are you, some kind of a nut? Get out of here-- you're fired!"

The newfie climbed down from the ceiling and started to make his way out the door. The other Newfie started following close behind.

CONTRACTOR: "Where are you going? I didn't fire you!"

NEWFIE: "You don't expect me to work in the dark without a light do you?"

Part Two: How To Pass For a Straight (Dialogue between Mickey the Con, Joe the Fish and the Professor)

Setup-Mickey & Joe have been released from their drums. They are down in the rec area-school house area-chaplain's area, of a reception prison. Joe's down for Orientation Class. Mickey's doing a skan in the library. This fictional prison is one of those 19th century retreats. You know, the kind of joint that was supposed to be closed after Confederation. But they kept using it. Maybe because Canada creates thieves faster than it builds prisons. Although there might be some resemblance between this archaic monstrosity (built of decaying limestone piled up to high-domed ceilings where the pigeon shit sprays freely)- and some existing Ontario prisons (or B.C. prisons, or Quebec prisons, etc)- we won't push the similarities.

After all, facilities do not a prison make. It's the spirit that counts. In Canada, those members of our population who are able to count good enough go to the U.S., to become presidential advisors on economic matters.

PREFACE

Joe's just finished listening to an engrossing discussion on how to fill out his canteen blank and his Workman's Compensation Forms. Thoroughly stimulated, he has sought out Mickey to continue the discussion. Then the Professor arrives, a guy who dabbles in Sociology and Philosophy. He visits the prison once a week, maybe because he knows that putting a person behind bars does not stop that person from being rational. (This is a truth not commonly known in all institutional corridors). In fact, this truth hasn't even been planned into some of the individual programs set up for "inmates" by researchers, who are lucky they don't have to make it in the academic world.

The Professor comes as much to learn as he does to teach. In that respect he is more of a scholar and less of an academic. He has grown old enough to no longer believe that the facts of life can be captured by explanatory grids placed over them and called theories. He now allows the facts of living to exist-

"How the hell?" Joe the fish said to Mickey, "am I EVER going to handle my nicotine habit on a couple of bags each canteen? I mean, I LOSE more of the stuff than I ever get in, anytime I try to roll one. So whenever I get a cig done and lick it down, about all I've got to smoke is saliva." He shook his head. "God, how I miss T.M.'s."

"You'll get the hang, kid," Mickey said. "Why, you'll get so good, you'll be rolling one behind your back while you're reading a skin mag and not even miss a beat- Hey! Prof!" He broke off, looking across the room at a tall, quiet guy who was looking back. "C'mere!" Mick urged. "I wanta ask you a couple questions about what you said last week. You know the Prof., Joe?" He asked the fish.

The Prof. had just come in, and now he came over and stuck out his hand. "Pleased to meet you," he said. "Likewise," the Fish mumbles. Mick held on impatiently while the formalities were dispensed with. Then he

interrupted:

"Look, Prof. I like what you said about the organization of the straight world, last week. What I understood of it, anyhow, when I could cut through your academic bullshit. But it sure as hell wasn't very practical. I mean, it's okay to know that "being straight" is taking social forms for granted. And, okay, so social forms are the ways that the powers in our society define what is right, even though philosophers have said that this definition of right isn't always just. But HOW is this gonna help me on the street?"

The fish looked bored with all the talk and got up. "Excuse me. Think I'll go grab that Penthouse off the rack and dream awhile."

"Hold it, kid." Mick grabbed him. "That's what the Prof.'s talkin' about. He says the Penthouse approach to life won't do nothin' for you on the street, when you get over this bit."

Joe shoved his arm off. "You should know. Aren't you in for The Bitch? Besides, I ain't readin' Penthouse for life. I'm readin' for beavers."

"A true Canadian, huh?" Mick looked sarcastic. "Like I said, hang around. You might learn somethin'."

"Shit."

Mick got back to the Prof., ignoring the interruption. "Like he says, I'm in for The Bitch. I know if I can hit it lucky and get out once more, well, that's my last chance. If they get me back in here again, they'll throw the key away. Sooo, I don't wanta lot of theory. Gimmie something that'll work for me. This time I wanta make it."

"Shit," the fish says again.

"You got constipation of the mind, boy?" Mick whirled around, hard, and gave the kid a look. "Keep goofing around me and you'll know what for." He waved a hand. "Now siddown an' listen AND keep your mouth shut, unless you got something constructive to say."

The Prof. pulled up a chair and the fish settled down sullenly into another, farthest away from Mick who began, absent-mindedly to roll a cigarette. The Prof. pulled on his beard, wrinkled up even more his contemplative, but worn face, and gathered his thoughts in the movement that pulled tobacco out of a pouch and poked it into a pipe with an index finger scarred forever from tapping coals down into a hot pipe bowl.

"Well, Mick...you know why you're in prison?" the Prof. says finally.

"Yeah. I got caught."

"Besides that."

"I'm a thief. Stealin's the only life I know. An," Mick grins, "I like bein' a thief. Other than the bits, it ain't been a bad life. Better than an 8 to 5."

"Maybe. But you've been telling us that it isn't going to be too profitable to continue being a thief in the future. And also," the Prof. paused and fixed Mick with a cold, blue eye, "Not every thief ends up in the jug, right?" He paused. "Back to the subject. You told me how you got into prison, but you still haven't told me why."

Mick moved uneasily. "Okay, Prof. Why AM I in prison?"

The Prof. leaned forward, using his pipe barrel to emphasize the points: "Because you violated the two rules made by the Guardians of this society--the Rule of Incongruity and the Rule of Universal Complicity."

"Which are?"

"First, the Rule of Incongruity means that everything different is suspicious, and second, the Rule of Universal Complicity means that

everything suspicious is ultimately guilty."

"Huh? I don't get that."

"Okay, Mick. How do the coppers here regard everything you do on the inside?"

"Well, as if I might do something wrong."

"Why?"

"Because I'm in jail."

"In other words, being in jail makes you different, right? And it also makes you suspicious."

"Yeah."

"How do they regard your wife on visits?"

"Suspiciously. An' sometimes they even treat her as if she was guilty too."

"Yes. Because the very fact that she visits prison makes her different from other straights in society."

"Okay. That makes sense. Explains why I'm treated like I am in here. But it still doesn't tell me WHY I'm in."

"Well, apply what we're discussing to what happens Outside."

"Yeah," Mick considered slowly, "After the first time I got in trouble, the coppers treated me like I was suspicious and from then on I was different." Mick got up suddenly, slamming his fist into the palm of his hand. "So, what kinda hope is that, anyhow?" He glared at the Prof. "They'll treat me different WHATEVER I do, from now on out!"

"Good point. So, to make it, you're going to have to out-straight the straights, from now on out."

Mick nodded as he sat back down. "Yeah. Makes sense. It's the only way to handle the coppers. Inside and Out."

"Goddam pigs!" the fish piped up. "Sooner we wipe 'em out the better."

"Pull it in, punk," Mick said sharply. "Prof. doesn't want a piece of your profane mind."

"Only good pig is a dead pig!" the fish continued, belligerently.

"Wanta be guzzled?" Mick offered.

"Let him speak, Mick," the Prof. broke in. "Believe it or not, he's getting at the heart of the problem. He's got the world all ordered into good guys and bad guys. The only difference from Joe and the straights is Joe's definition of who's good and who's bad. On the Outside there are people who would like to put everyone inside up against the wall and shoot them. Joe's thinking in that same way towards coppers. After he's been in long enough, he may start thinking that way about EVERYBODY on the Outside. It's guys who think and act like Joe that enable the prison authorities to continue treating you the way they do. As long as you give straights good reasons, they'll continue to stomp on you. And," he paused, "there are a lot more straights than there are cons."

The fish went on, encouraged by what he misread as support. "Hell, we've got 'em running scared. We'll turn these joints into parking lots unless they start giving us what we want. You can't get what you want without fighting for it. And what I want right now is a good broad." He got up, away from any impulsive action on Mick's part to sucker him. "The kid's learning," Mick thought. The fish went over to the mag rack, reclaimed the rant house and sat back down, pulling out the centerfold and making slurping noises. "Sluuup, sluuu...man, that's what I want."

The razor cuts on Mick's arms began to stand out, tensed into white outlines as his muscles prepared to give the kid a hook. The Prof. noted

Mick's reaction and spoke again:

"What you're preparing to do there, Mick- that's what I mean by the Rule of Incongruity. As I can plainly see, your whole body is telegraphing your intention to lay into Joe. That's not the way the straight would do it." He leaned back. "Want me to tell you how you're different?"

Mick relaxed. "Go ahead."

"First of all, the straight would realize he couldn't take on the kid, directly. Joe looks pretty muscular. Second, the straight wouldn't probably want to tackle him physically, even if he could. The straight knows nastier ways to fight; the sort where he won't even get his hands soiled. The straight will fight with words, if he's got the situation under control by having other straights around. He'd make the kid look foolish. Then, if the kid reacts, he can bring down the force of institutional power against him. The straight uses the cops, the courts and jails to handle guys like Joe. Of course, that wouldn't work too well in a dark alley or a pool hall. That's why a straight stays in his part of town where the cops protect him. Just like here. You sucker Joe and that guard over there will have you in the digger faster than you can blink."

Mick looked up at the copper. He'd forgotten the guy was there, for a minute. Then he loosened up the muscles and gave the Prof. a confused sort of stare: "You mean, my getting mad and wanting to hit the guy makes me different from a straight?"

"Yes. Different from the straights that control social forms, anyway. They fight back with words and definitions of people. Behind their words and definitions there's a lot of muscle. A man can fight another man with his fists. Maybe he'll get stomped, but at least there's a chance. But what chance is there against an assault charge? When a straight gets you into his boxing ring, the courts, he's got your hands tied behind your back and all his blows are low ones. You won't even know what hits you. Right?"

"Yeah." Mick thought a minute. "But how come my way of fighting makes me suspicious?"

"When straights do fight, they don't show their anger. Straights fight politely. Straights can cut your throat with a smile. A good straight fighter never telegraphs his verbal punches. He'll tell you what he's doing to you is for your benefit, and all the while he'll be cutting you down. If you work at a straight job, for instance, the kind where the salary begins at thirty grand, you don't get fired. Fired isn't a polite word. What your straight boss does is to give you joe jobs. Hell take away all of your authority. Or maybe, he'll give you a job to do without the means to get it done and then criticize you for not doing it. You can see this happen to straights right here in prison."

Erving Goffman, the sociologist, calls this "cooling the mark out." You could learn a lot about the straight world by reading Goffman's books. The straight world isn't that hard to understand. It's just a little more crooked than life on the street. The straights on the outside are much more devious than inside straights."

"Screw the straights," the fish comments.

"That's another thing to make you suspicious," the Prof. said, nodding to Joe. "Straights learn to control their mouths. They know that

being mouthy is one way of being marked out. And once you're marked out, you've had it. Outside straights know that the entire way you come across is important. You wouldn't catch a straight slouching in public, the way Joe is, now," the Prof. said to Mick. "If this was a main street of a city, and Joe was leaning against the corner of a building like that, the coppers would mark him out as suspicious and watch him."

"Not only that, but straights stay away from suspicious places. Most thieves make the cop's job easy by staying in ghettos of suspicion. A B&E goes down, and the cops know what bars, which cafes, and so forth, to look for the guy who committed it. This is why they have such a hard time catching a straight who simply goes crazy like the Son of Sam killer in New York. He didn't haunt suspicious places. One of the hard-boiled novelists said: (Here the Prof. pulls out The False Burton Combs by Carroll John Daly):

"I ain't a crook; just a gentleman adventurer and make my living working against the lawbreakers. Not that I work with the police--no, not me. I'm no knight errant either. It just came to me that the simplest people in the world are crooks. They are so set on their own plans to fleece others, that they never imagine that they are the simplest sort to do. Why, the best safecracker in the country--the dread of the police of seven states--will drop all his hard-earned money in three weeks on the race tracks and many a well-thought-of stick up man will turn out his wad in one evening's crap game. Get the game? I guess I'm just one of the few that see how soft the lay is." (p.3- in The Hard-Boiled Detective, ed. Herbert Ruhm, Vintage, 1977).

The Prof. put the book away and shook his head. "Like all teachers, I talk too much, maybe." He looked at Mick. "Understand what I'm getting at?"

"Yeah. Someone on the Outside, just like on the Inside, who draws the Heat Score upon himself, is an easy mark for the coppers. Like you said last week, we have our own straight society inside the prison with its own rules and code for survival. And you think the best way to make it on the Outside is to learn how to do your own time and play it cool by not drawing Heat upon yourself."

"Maybe not the only way, but it's one way." The Prof. began to relight the pipe. "I wouldn't be here talking to you, if I felt it was the best way. By coming here at all, I'm making myself suspicious. Maybe some day I'll be joining you Inside, with the charge of "consorting with known criminals." But I don't feel like the none-too-silent majority, today, who want to deny a man his rationality just because he ends up in prison. I can avoid the heat, of course, and save my own skin, by ignoring what is going on in the prisons." He shook his head.

"Gandy-Ass Liberal," Joe remarks.

Mick gets up quickly, goes over and applies the elbow. "Oooof!" says the fish.

"Sorry, Prof." Mick says, when he sits back down. "Guess I made myself suspicious again."

"Well, I'm not a liberal," the Prof. says. "I'm not going to excuse anybody for being in this joint." He looks over at Joe. "You probably got a kiss and have been bawling your head off about the injustice, while Mick here really got The Bitch and isn't complaining. But then, he knows

the score. I really don't believe there are many innocent people in prison. Even those guys who complain the loudest about the manufactured beef, are really yelling, not because they weren't guilty, but rather because the cops couldn't get them on their real beef, and had to settle for a lesser charge to run them in on. If the truth were known, they might even be lucky."

The Prof. considered a moment and continued: "Nor can I buy the argument that says everyone in prison is a revolutionary who is a political prisoner of the system. Almost all the gross injustice in this world has been done by people who could justify acts on the basis that there is injustice in society. That's pure bullshit! Two injustices don't make one right. Sure, there's a lot of injustice in the outside world, but it doesn't work as an excuse, for why you landed in prison."

"And there's no doubt that prison sentences are often too large, and therefore, unjust. Or that there should be alternatives to incarceration. And, of course, the biggest need right now, is to make incarceration more humane. To take all the elements of revenge out of incarceration. But frankly, punishment is a rational right of the individual who has done wrong. If you rip off another individual in society, it wouldn't be rational for him or for yourself, if you escape punishment. If you do escape punishment, then not only do you deny that person's rational right, but you deny your own rational right, as well."

"When we get rid of the laws that protect the individual's rights, we destroy society. Unfortunately, our present legal system in Canada, which often fails to protect the rights of the accused and which hands his future over to a group of technicians--lawyers, who don't speak his language; this system is also a crime. There is a lot of legal crime today in our society. However that does not justify using this fact as an excuse to be illegal, ourselves."

"If you aren't smart enough to keep your crimes legal, don't come bawling to me. Those people who react in society, are controlled by the social forms of society, just as much as the people who obey these forms. Revolutionary talk is just a punk's way of stepping on other people in the name of change."

"Crock of bull!" the fish decided. He slammed the Penthouse down on the table and stalked off.

Mick was quiet. He didn't pay attention to Joe's reaction, in fact, didn't even seem to notice he was gone. Finally he said:

"So, like you said last week, Prof. Making it, in the Ruben's sense, is being the man who goes down mean streets, but is not himself mean. I get you, today. Making it on the street is not really passing for a straight, but actually going further than he does. I have to stop reacting to the straight world, but that doesn't mean I do it by playing their game. I've gotta out-straight the straight, by walking what he only talks."

"You said it better than I could, Mick. And one more last point. About this making it. On the inside you've learned what a community can really be. I've seen more caring for one another on the Inside, here, than I've ever seen on the outside. The only people who are really going to help the cons are the cons themselves. This caring can't stop, once you hit the streets. Making it for an ex-con, means still caring for other cons, when they hit the street."

"Hey," Mick looked over at the table, "the kid's gone."

"Yes, he got mad and left."

"Didn't want to hear anymore, huh, Prof.?"

"I guess not. I'll get to him, next time around."

"Let's hope there ain't any next time." Mick got up, shook hands. "I'm gonna go find him. Knock some sense into his head."

"Unsuspectiously, Mick?"

"Yeah, unsuspectiously. Just like a straight. Only better."

WHATEVER HAPPENS WITH THE LONG TIMERS ?.....

In this society of ours there's such a thing as tired men, old men and forgotten men. Such is the case with a lot of fellows in here --guys that have been in and out for the last tw'n, twenty, and yes, even forty years.

These guys have been the victims of an unjust, uncaring society--a world that just doesn't seem to give a damn that members of its society, the human race, are simply wiped out and not only forgotten but given up on. Just when they need someone to reach out and believe in them and give them the chance to live a normal life.

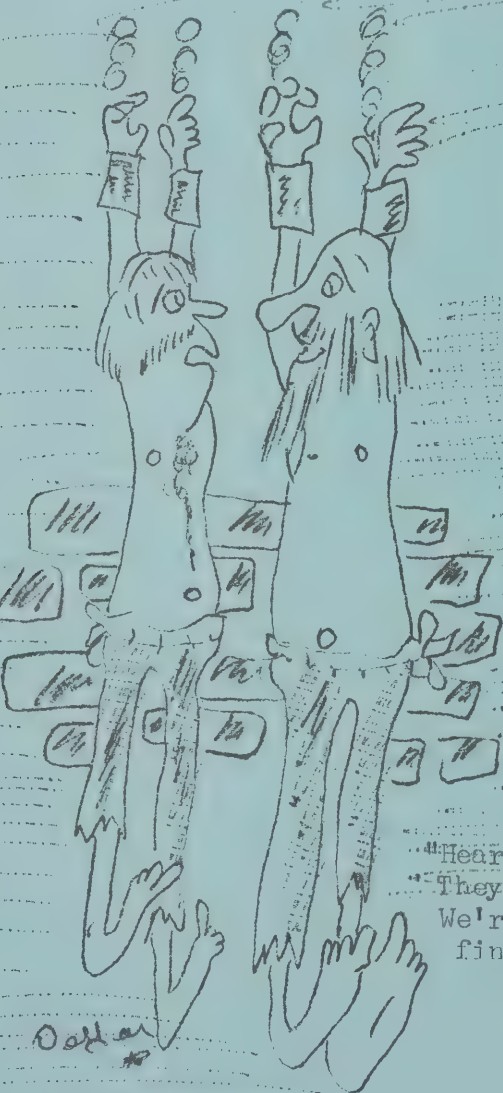
Most of them are tired and need the chance--the feeling of having someone believe in them. Not that they are looking for charity or sympathy. They made their bed and they're lying in it. All they want is the chance to retire from the rat race and live a little without a number or guardians on their back hassling them. These men need the chance and the members of society to give it to them.

Do, if you want to help, start talking to someone about them. The guys range from 35 to 75, and instead of hitting a tired man when he is down, give him a helping hand up. You will find they can stand quite well with a friend beside them and their loved ones with them.

Yes, believe it or not, most of them have people who care, but it's the powers that be who don't.

Let your voice be heard and give a guy back his life.

Paul Frank/Oldtimer



"Hear the news?

"They're gonna modernize the place!

"We're gonna be hung by our index

fingers instead of by our thumbs!"

ANALOG COMPUTER from Van Nostrand's Scientific Encyclopedia

An analog computer solves problems by physical analogy. It translates temperature, flow, speed, altitude, voltage and other physical variables into related electrical quantities and uses electrical equivalent circuits as an analog for the physical phenomenon being investigated. On an analog computer, for example, physical characteristics such as weight or temperature are represented by voltage. Voltage is the electrical analog of the variable that is being analyzed. The variable itself can be electrical as well as hydraulic or pneumatic (pressures). Arbitrary scale factors relate voltages in the computer to the variable in the problem being solved.

Components of the computer are designed to operate within a fixed output voltage range typically plus or minus 100 volts. All computer variables are scaled to lie within this range. A temperature which varies from 0 to 1000 degrees Centigrade is represented on the computer by a voltage varying from 0 to 100. The scale factor would be 1/10 volt per degree Centigrade.

Interconnecting the components of the computer ensures that the voltages in the computer are related by the same mathematical equations as the original physical variables. Hence, if a voltage on the computer represents temperature in a chemical reactor, and is scaled for 1 volt per 5 degrees Centigrade, a graph showing this voltage increasing from 10 to 100 volts would mean that the reactor temperature varied from 50 to 500 degrees. It is from such an analogy between the problem variable and the computer voltage that the analog computer derives its name. In general, it may be said that an analog computer uses an analog for each variable and produces analog voltages as output. An analog computer measures continuously, whereas a digital computer counts discretely.

Components: The analog computer consists of four basic components to perform addition, subtraction, multiplication, division, integration, etc. The components are: (1) amplifiers, (2) potentiometers, (3) multipliers, and (4) function generators. They may be connected to solve a variety of equations.

In actual practice, components of the computer are connected or "patched" to set up and solve equations derived from the dynamics of the systems to be analyzed. A "patch panel" is used to make the interconnections. Each computing component has its input and output terminals on the panel. Leads can be run between any two holes on the panel, connecting the components as desired. The panel is removable so that problems can be patched externally and can be stored. Thus, while the computer is solving one problem, others can be patched on individual panels (registers).

Amplifier: The amplifier is considered the "heart" of the electronic analog computer. In fact, estimates of a computer's capacity frequently is based on the number of amplifiers, a number which may range from 10 to 1000.

An amplifier performs amplification, integration, isolation, addition, and subtraction. It provides for scale changes of a variable with a constant greater than 1. What this means in effect is that the operational amplifier simply amplifies its input by a large negative constant to produce the output. Integration is performed in the analog computer through the use of an integrating amplifier. Addition and subtraction are performed in what is called a summing amplifier. It is interesting to note here that the only difference between the integration circuit and the addition circuit is in the feedback part. Thus the same operational amplifier can be used to add or integrate by a simple change of an external circuit component.

Frequently it is necessary to use the amplifier in isolation even though it performs no mathematical function in solving the problem.

Potentiometer: A potentiometer is used in analog computers to multiply by a constant (or scale) a variable quantity by a constant factor of less than 1 (i.e. .001 to .99). Thus, in combination with an amplifier (which uses a constant gain of 1 and above) it is possible to get any constant value between .001 and 1000. The potentiometer, or attenuator, as it is sometimes called, is one of the most basic devices used in modern analog computing systems. Typical computer potentiometers have resistance winding in the form of a ten-turn helix so that the shaft turns through 3600 degrees from one end of the slide wire to the other. A dial mechanism is attached which usually indicates "0" at one end of the rotation and "1000" at the other.

Multiplier: Multipliers are required in analog computation to multiply one variable "x" by another variable "y". Multipliers can be thought of as falling into two classes, slow-speed and high-speed. For slow-speed multiplication of one variable by another, it is possible to use a potentiometer whose slider is automatically positioned by an electric servo motor to follow a second variable. This type of multiplier is known as the servomultiplier. Where high-speed is required, an electronic multiplier is used. Most popular of these is the quarter-square multiplier. To generate "xy" one need only to perform addition ($x + y$), subtraction ($x - y$), and squaring of the two terms. Squaring can be performed simply by diode function generators.

Function Generator: Function generators are used to generate arbitrary functions of the input variable such as square, cubes, square roots, etc. While many types of function generators are available, the diode function generator is most popular today. It employs a network of resistors and diodes to approximate the given function by use of straight-line segments. A fixed diode function generator consists of a printed-circuit card with specific components selected to produce the desired functions (the program). Commonly used functions such as $\log x$, x^2 , x^4 , $\tan x$, $\sin x$, etc. are available. The accuracy of the diode function generator depends primarily on the number of segments used. Two and twenty-segment generators are adequate for most purposes, and have accuracies to within 1/10 of 1 %.

Analog + Digital = Hybrid Computation : In any analysis of computers the question always arises as to which is better, an analog or digital computer. The answer, of course, is that neither is always better. It all depends upon the problem which is to be solved.

Analog computers are extremely fast. A typical analog computer solution takes from 10 to 60 seconds, with 20 seconds a good average. Computing laboratories with both analog and digital computers report an analog speed advantage of over 100 to 1 in some problems. This fact, added to the fact that analog capabilities are restricted exactly where digital computers excel (they can carry out complex logical operations and perform high-precision arithmetic) has led to the hybrid computer, a combination of analog and digital techniques, to the advantage of each.

One of the earliest uses of the hybrid computer took place in about 1958 when two systems were installed for engineering simulation in the Atlas missile program. Each system consisted of a large analog computer and a large digital computer, tied together with linkage systems that performed analog-to-digital and digital-to-analog conversions to permit exchange of information between the analog and digital computers.

THE RUSSIAN ALPHABET (Cyrillic Alphabet)

19

Group One: those alike in Russian and English

- (1) А а is always pronounced in Russian like the long "a" in English, as in the word RATHER.
- (2) Е е is pronounced like "ye" in the English word YET, for instance ДѢЛО (dyleo--business); but when it has two dots over it, it is pronounced like "yo" in the English YONDER. For instance МЁД (myod--honey)
- (3) О о is pronounced like the English "o" in the word ON
- (4) К к is pronounced like the "c" and "k" in the word CAKE
- (5) М м is pronounced like "m" in the word MANY
- (6) Т т is pronounced like "t" in the word TAKE

Group Two: letters which look like English letters but represent different sounds in Russian

- (1) В denotes the English sound "v" like V in the word VICTORY
- (2) Н denotes the English sound "n" like N in the word NOON
- (3) Р р denotes the English sound "r" like R in the word RUM
- (4) С с denotes the English sound "s" like S in the word SALT
- (5) Y y denotes the English sound "oo" in the word BOOT
- (6) X x denotes the English sound "ch" in the word LOCH (Scottish)

Group Three: Typically Russian Letters

- (1) 6 has the English sound "b" as in BABY
- (2) Г has the English sound "g" as in GLORY
- (3) Д has the sound "d" as in DADDY
- (4) Ж has the sound (s) as in PLEASURE (more of a "z" as in BUZZ)
- (5) З sounds "z" as in ZERO
- (6) И sounds "i" as in IN
- (7) Л sounds "l" as in LADY
- (8) П sounds "p" as in POT
- (9) Ф sounds "f" as in FACE
- (10) Ц sounds "ts" as in WITS
- (11) Ч sounds "ch" as in CHURCH
- (12) Ш sounds "sh" as in SHAFT
- (13) Щ sounds "sh-ch" as in CASH-CHEQUE
- (14) Э sounds "e" as in PET
- (15) Ю sounds "u" as in DUKE
- (16) Я sounds "ya" as in YARD

Group Four: Letters used at the middle or end of words

- (1) Ъ gives a soft intonation to consonant it follows
- (2) Ь indicates that the parts of the word it separates must be pronounced distinctly
- (3) Ъ is a vowel sound, approximately equal to "voo-ee" if you keep your lips almost closed when you say it.
- (4) Ы is a short type of E in English, following another vowel, like IE in PIE, OY in BOY, AY in GAY, EY in KEY

THE SPECTATOR-June 15-Jackson, Michigan

Boxcars Illegal

East St.Louis,Ill, April 22(AP) The use of cramped "boxcar" solitary confinement cells at Federal prisons has been ruled unconstitutional by a federal judge.

Federal District Judge James L. Forman ordered prison officials at the U.S. Penitentiary at Marion, Ill. on Wednesday to remove all prisoners from the boxcar cells there within seven days.

Judge Forman said that the use of the cells, which are 6 feet 6 inches by 8 feet, is cruel and unusual punishment.

The cells have concrete walls and a steel bar front. But a steel door is closed about three feet beyond the bars, thus blocking the prisoner's view of any activity outside the door. Judge Forman said that the "sensory deprivations" of the boxcar cells result in "both mental and physical deterioration."

GSP NEWS , Reidsville, Georgia 30453, April-May 1978

PRISON IS by Frank Pressley

Frozen ponds, A cloudy sky,
Icely winds howling by
A lonely building in a barren land
Built of steel, stone, and sand.
A place where laughter seldom sings;
The voices of children never ring,
Where animals ride and men walk,
Shotguns gleam and dogs stalk;
Endless corridors behind locked doors,
Foreboding cells with naked floors,
Pillows of boots, beds of steel,
Whispered prayer in a world unreal;
Endless nights of torment and shame
When broken hearts become searing flame,
And shattered dreams like ghosts descend
Upon burdened souls of forgotten men.

CONTACT, St. Joseph's Hospital, Hamilton, Ontario May 1978

PASTORAL CARE by Rabbi Israel N. Silverman

A hospital, more than any other place, makes one aware of the true meaning of life. It is here that all veneers melt away and one's true values emerge. What does it mean "to live"? Scripture tells us (Genesis 47:28) "And Jacob lived." There are so few people about whom one can repeat a phrase like "And Jacob lived." Usually, when a man dies, a death notice appears in the press. Actually, it is a life notice; because but for it, the world would never have known that that man had ever been alive. Only one who has been a force for human goodness, only one who has made this world a little bit better by his presence on earth, can be said to have lived; only such a person is an heir to immortality. Here at St. Joseph's where life often hangs in the balance, we do well to think of whether or not it could be said of us, as it was said of Jacob of old, "And Jacob lived."

PRIMO GENNAIO 78

IL FRATELLO SENZA PERDONO ---Vito Gammicchia

CARISSIMO FRATELLO MIO AMATO
 UN FORTISSIMO DOLORE AL CUORE TU MIAI DATO,
 DAL PRIMO MOMENTO CHE IN CANADÀ SONO ARRIVATO.1
 COSÌ ADESSO LEMIE SPERANZE SON PERDUTI,
 EDÈ PERCHÈ TU CREDI CHE NON AI BISOGNIO DEI MIEI AIUTI,2

ADESSO NELLE MIE POSIZIONI,
 TU MIAI FATTO DELLE GROSSE MALI AZZIONI,
 PERO NEI GIORNI GIÀ PASSATI CI SIAMO RISPETTATI? 1
 NON COME FRATELLI MA COME SCONOSCIUTI,
 EDÈ IL MOTIVO CHE CI SIAMO DIPIÙ ALLONTANATI.2

E COSÌ ADESSO IN CERCA D'AIUTI,
 CON PICCOLE PAROLE EI RIINCONTRIAMO,
 E TUTTO LODIO RISCAMPIAMO IN UNA STRETTA DI MANO.1

CARISSIMO FRATELLO MIO AMATO
 TU SAI CHE IN PRIGGIONE IO SON STATO.1
 MA CON LA TESTA ROZZA DURA ED'INCOSCENTE
 TU PREFERISCI D'ASCOLTARE LA GENTE,
 CHE SENÈ IMPORTA PROPRIO NIENTE.2

E COSÌ INFECE DA VENIRMI HA VISITARE,
 DIPIÙ MI DISPREZZI E MI ALLONTANI.1
 MA CON IL MIO CUORE IN MANO
 IO PREGO ANCORA AI SANTI?

CHE RICEVEREI IL DIVORZIO DA FRATELLI,
 SENZA PIÙ PERDERE UNA LACRIMA
 D'AMORE OR DA DISPERO.

--Vito Gammicchia

As for me—listen well—

my delight is the exquisite;

Yes, for me glitter and sunlight and love

are one society.

SAPPHO (Edm II8a)

from The Love Songs of Sappho

Translated by Paul Roche

Published by the New American Library, 1966

The Way of Love

Two years ago in Springtime
Though seems like yesterday
I met someone I will call Friend
We became close in every way.
Before I met him I was aware
Of the life that he had lived
But only thoughts could come to me
Of the good that he could give.

Somehow my life began to change
As I became concerned
For that person to be free
Was all that I had yearned.
So empty was the life he lived
Midst all the sin and strife.
So unafraid I cared to be
Some small part of his life.

I thought and prayed about his life
A life so wasted so it seemed
If I could help in some small way
My pleasure would be deemed.
One look--and then I seemed to see
The strength of that man's mind
But then I came to realize
That strength alone--was time.

Time to wait and time to pray
To change his life if I but may
This became my aim,--my life,
To help that Friend from sin and strife
Not much time left to be served
Without complaints he served it well
Oh God protect and keep him
And save him from all hell.

One year had passed and he was free
To make his life what it should be,
So unafraid he made no plans
His life was then in his own hands,
No plans for future did we make
Soon understanding love was here
We gave each other happiness
The love we gave,--the love we'd share.

The hours passed and then the days
We thought alike in many ways
And suddenly our lives became
A oneness we could not explain.
Of many happenings we had known
For hours we talked till sun did rise
I listened so intently
With tear stained eyes.

We talked of sadness we had known
In our lives from time to time
Forget the sadness was our thought
We found happiness sublime,
The ear for music that we had
Seemed much the same in every way
It told the stories we had known
As we listened night or day.

So beautiful he sang and played
The strings of his guitar
A happiness we both had made
That none dare even mar.
Months of happiness we'd never known
We shared together for our own,
The joy he gave--we thought would last
All too soon it came to pass.

My Friend then found another road
A life so different from my own,
For restlessness took over then
And he did roam.
Freedom he sought beyond his bounds
A challenge new for him to find,
Our lives became so different then
For love is blind.

One thoughtless deed, and then another
And all was lost what we had gained,
Far too late to make amendments
For he was chained.
Shaken with grief, I had not known
My life became an empty shell,
The love we knew he tossed aside
Sadly I wished him well.

As I recall it's been a year
Since he departed from our home
When he made his decision
Of that he chose to roam,
He thought about it many times
His freedom he did crave,
To end it all was far too much
For all the love we gave.

Tonight I will remember
About just a year ago
We thought, we talked, we disagreed
Because I loved him so.
The love we gave, the love we shared
Was ebbing on its way,
Though he had changed, I could not
change
I'd care from day to day.

The Way of Love continued...

He had to go and serve more time
 To the place where we had met
 A sentence was imposed on him
 Left me with sadness and regret.
 If I had only had more time
 Was all my thoughts could say
 He would have never known more crime
 For which he'd have to pay.

The very thought of losing him--
 Though at times I was aware,
 A perfect life may vanish
 And suddenly disappear,
 So time had brought it crossroads
 And each must go their way
 But moments and the memories
 Live with me day by day.

D.J.May, Nov. 1975

WHO WORKS submitted by J.H.

THE POPULATION OF CANADA IS 22 MILLION, BUT THERE ARE 7 MILLION OVER 65 YEARS OF AGE, LEAVING 15 MILLION TO DO ALL THE WORK. PEOPLE UNDER 21 TOTAL 10 MILLION, LEAVING 5 MILLION TO DO ALL THE WORK. 2 MILLION GOVERNMENT EMPLOYEES LEAVE 3 MILLION TO DO ALL THE WORK. FIVE HUNDRED THOUSAND IN THE ARMED FORCES LEAVES 2,500,000 WORKERS. DEDUCT 1,250,000 PROVINCIAL, MUNICIPAL AND CITY EMPLOYEES AND THIS LEAVES 1,250,000 TO DO ALL THE WORK. BUT 700,000 OF THESE ARE UNEMPLOYED AND 280,000 ARE ON WELFARE, OR WON'T WORK.

NOW IT MAY INTEREST YOU TO KNOW THAT THERE ARE 80,000 PEOPLE OUT OF THE COUNTRY AT ANY ONE TIME AND 19,998 PEOPLE IN JAILS. SO THIS LEAVES JUST TWO PEOPLE TO DO ALL THE WORK. AND THAT IS YOU AND ME BROTHER, AND I'M GETTING TIRED OF DOING EVERYTHING. SO GET UP OFF YOUR ASS AND LET'S GET WITH IT...

DRIVERS: (lifted out of CONTACT, St. Joseph's, Hamilton)

- "Coming home, I drove into the wrong house and collided with a tree I don't have."
- "The guy was all over the road. I had to swerve a number of times before I hit him."
- "I pulled away from the side of the road, glanced at my mother-in-law, and headed over the embankment."
- "I had been learning to drive with power steering. I turned the wheel to what I thought was enough and found myself in a different direction going the opposite way."
- "I told the police I was not injured, but on removing my hat I found that I had a fractured skull."
- "I was sure the old fellow would never make it to the other side of the roadway when I struck him."
- "The telephone pole was approaching fast. I was attempting to swerve out of its path when it struck my front end."

When I'm Old

When my hair shall shade the snow drift
And my eyes shall dimmer grow
I would lean upon some loved one
Through the valley as I go.

Life's moon will soon be waning
And its evening bells will toll
But my heart shall know no sadness
If you'll love me when I'm old.

Time goes by, and our lives will change
Like seasons of the year
My love for you will never fade
Believe me, I'll be near.

I would claim of you a promise DULCIE
Worth to me a world of gold
It's only this my Darling,
That you'll love me when I'm old.

FOR D.J.M.



A Bridge of Hearts

Our love is like the longest bridge
Between your heart and mine
A bridge we've built these past few years
Just to our own design.

It's based on happy memories
Of good times that we've known
The hopes and dreams, we two have shared
The thoughtfulness you've shown.

It's stronger now than ever
For it's grown with every smile
And every act of kindness
That makes life more worthwhile.

And now I know that if you're near
Or if we're miles apart
Our love still unites us
With a bridge from heart to heart.

FOR D.J.M.



Faded Jeans

A faded pair of old blue jeans
Frayed and ragged at the seams
Yes faded jeans I'm thinking of
Worn by someone that I love
She took them in a tiny bit
She thinks she'll get a better fit
A little tight now where she sits
It's alright though, I don't mind a bit.

Sometimes in sleep I see those jeans
And as I get older, to me it seems
They were made for DEBBIE, a beauty queen
Who will wear them in my dreams
Now I have known my share of queens
But, DEBBIE looked the best in jeans.
I haven't been near her for a while
But in those Jeans, man she's got style.

FOR DEBBIE

Happiness, A Tree

I came upon an old man
And I wondered openly
What made him shun the human race
To live up in a tree?

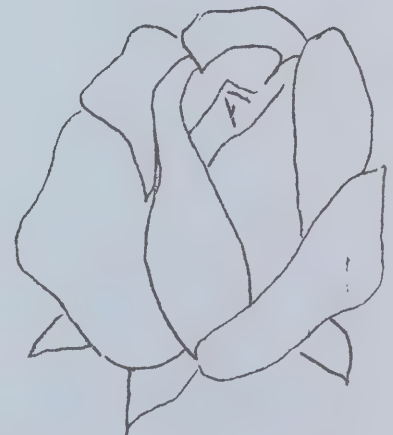
He said, "This apple tree's my friend"
"Much better than a wife"
For it gives me food and shelter
And shall do so all my life.

For I cannot love a human being
Though, many times I've tried
It seems that all they want from me
Is my money or my pride.

Though once I loved a woman
As true as true could be
Her beauty shone from deep within
But shone for all but me.

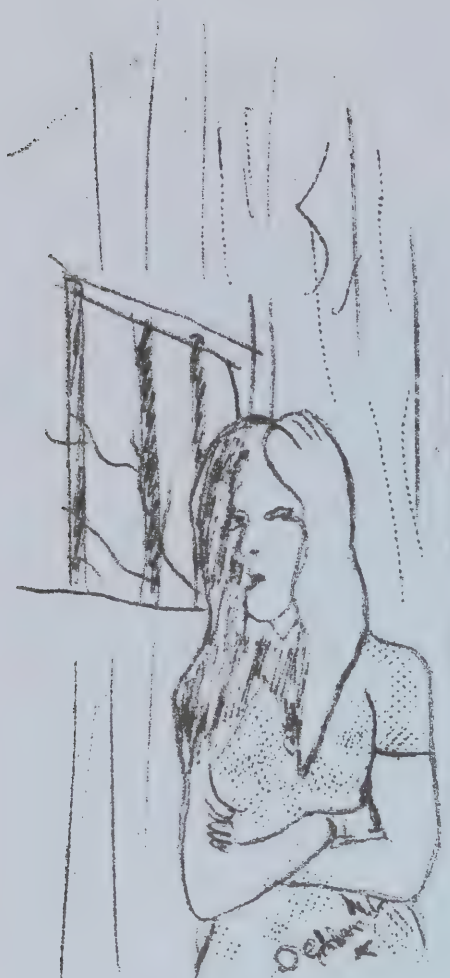
But being only human
Alas, I failed to see
The gleam that came into her eye
When my friend came home with me.

Well, I dwelled on this for quite some time
While that old man stared at me
And then I asked him, if he could,
"PLEASE HELP ME FIND A TREE."



Submitted by Mrs. P.J. Whittaker, Durkas, Ont.

THE DOG SHOW BLUES



At home I am Magnificent
 A truly Handsome Hound
 But, when I'm at a Dog Show
 I turn it all around.
 One minute I stand Cow-hocked
 The next, I'm barrel-legged.
 I roach my back,
 Then sway it.
 No matter how they beg,
 I dew my laps
 And splay my feet
 And let my haws hang low.
 Cause when it comes to Dog Shows
 I just don't want to go.
 I go from very whippety
 To coarse
 To short
 To long
 Cause when you know the standard
 You can stack your body wrong.

At home I am a connoisseur
 Of finer things I've found,
 Like cheese and sauteed liver
 And steak upon the round.
 But when I'm in the show ring
 I shiver and I frown,
 And when they try to bait me
 I spit it on the ground.
 But nonetheless,
 I am a BLOODHOUND---
 Of hounds the finest thing.
 You come and visit my place,
 I'm undisputed KING.

PSYCHOLOGICAL SAFARI by Dr. Doug Montgomery

Question: It is said, as a matter of scientific knowledge, that man only uses 10% of his brain. What % of this is conscious? Can you gage if this is expanding in terms of knowledge? Can we expand it larger than 10%? Can you tap into the unconscious and bring it to the foreground and retain it, with schizophrenic tendencies?

* This is a big question, or a bundle of big questions. A student might earn a doctorate on some small aspect of any of the problems mentioned. Adequate treatment here would lead us beyond the point where most readers would be prepared to follow. To give a general answer, there is not much hope of either you or me getting a continuous, highly revved-up service from our brains. I sometimes compare my performance to that of a chicken, and it's usually comforting.

A statement beginning with a phrase like, "It is said..." should stir up a healthy suspicion. If you do some searching you can probably find that anything you choose has been said by somebody. What circulates as "scientific knowledge" is sometimes nothing more than old wives' tales dressed up to look empirical. Even in the highest heavens of research it is always necessary to keep checking the reliability of information to avoid accepting as facts what are only assumptions. Even when that is done conscientiously, by competent people, scientists keep discovering each other's blind spots.

I do not know of any reliable evidence to indicate, even within a wide approximation, how much of his brain man uses. As a general principle, the human brain has developed to its present complexity because it was being used. Any part of the brain which man consistently did not use has probably disappeared already, so we can't think that way any more.

It may not be what the questioner wants, but it is necessary to illustrate the problems created by unscientific statements. (Statements, of course, may be true even though they are unscientific.)

It is not clear whether it is intended to suggest that only one particular tenth of the brain ever gets used, or that the different parts of the brain do all get used but only one tenth of the total is used at the time. The figure of 10% suggests that we have the means of assessing accurately the total functional capacity of the brain, which is far from the reality. (Were Einstein and Leonardo da Vinci able to use 90% of normal brains, , instead of 10%, or were they, too, using 10% of brains with abnormally high capacities?) If it is difficult to measure how much of the brain is being used, it is far more difficult to break this up into relative amounts of conscious and sub-conscious use. The idea of conscious and sub-conscious thought is a kind of hypothesis, used to explain what is known to happen. Possibly the right answer has not occurred to anybody yet or, maybe, some group that is being ignored as 'crackpots' has the right answer. While it seems to me, and to many others, a very useful hypothesis, nobody has ever directly observed or measured an unconscious thought. It used to be fashionable, among behaviorally-oriented psychologists, to claim that such terms as "conscious," "sub-conscious," and "unconscious" were meaningless. If "it" is to be gaged

in terms of knowledge, what is knowledge? Is it something that only exists when it is contained in someone's mental activity, or can knowledge exist in a book, in a computer, or in the formation of the rocks, without being in anyone's mind at a given time? Can we measure the use of the brain quantitatively? If one person is using his brain to solve a complex mathematical problem, another to experience a very deep and pleasant emotion, and another for a matter of artistic judgement such as how to place the furniture for best effect, does that mean that all three brains are about equally in use, or is it like counting oranges and apples and gooseberries? Perhaps I have made my point. Everyday language is usually sufficient for everyday purposes, but it is sometimes too vague for scientific communication.

Tackling the specific questions more constructively, most sub-conscious thought can only be inferred, and then only because it caused some behavior which we know about. There is probably a great amount of sub-conscious thought which we have no means of detecting, or which we do not know is there to be detected even if we had the means. The sub-conscious works while we are asleep, as is indicated by the well-known fact that we can awaken at a desired time by setting the alarms of our mental clocks. The sub-conscious is at work in people who are unconscious, in the usual sense of that word. It is known that "unconscious" people record mentally words that are spoken within their hearing. (Which means, among other things, that if the doctor remarks that the patient is going to die he almost certainly will, even if the doctor's medical judgement is mistaken). In an emotional crisis the sub-conscious looks after our body adjustments, such as changes in heart rate and in breathing. In a fast-moving situation the sub-conscious often sees to it that we behave in the best way, important split seconds before we would have had time to reach the same decision by conscious processes. What all this adds up to is that sub-conscious thought is a continuous process from before birth till, at least, the moment of death. Conscious thought, on the other hand, often stops, or does the same work at a slower pace, as is illustrated in the situations mentioned in this paragraph. It therefore appears that much more activity goes on at the sub-conscious, than at the conscious level.

Whether there is an expansion of knowledge in the brain is another of those questions that can only be answered by an educated guess. It is apparent that there is an expansion of knowledge as we go up the evolutionary scale. The average cat does not seem to have as much knowledge as most of us have. This may be because the cat does not have as much storage space as we do, or because we are more efficient at packing more knowledge into the same space. For example, if a cat has met many Eskimos, as well as white people, does it know that there are Eskimos, or does it only know that there are people with a variety of appearance? We are able to work it out that there are sufficient consistent differences between these people to put them in two separate categories. Is the cat? Or do we have that much more additional knowledge? Limiting the question to the human species, it is much more difficult to say whether some groups of people, such as those with wider experience, have greater knowledge. People with narrow experience may know more about less, and people with wide experience may know less about more.

Can we increase the use of the brain beyond the 10%, or beyond

whatever is the actual percentage in use? This does seem to be happening in terms of evolution, but don't hold your breath. In terms of an individual the answer seems to be a clear negative, apart from fluctuation in brain output according to whether the body is in a state of repose or of activity. As the color of the flower is built into the seed, the development of the brain is programmed before birth. Unlike, say, muscles, the brain does not increase with exercise (which is why skulls do not explode). You can imagine the mental weight-lifting there would be, and the bulging heads some of us would have, if the brain developed with use. But the brain we have is all we've got, and all we can get.

One important question is: Should we make more use of our brains, if we could? Is every other part of your body always active? Only crazy people try to keep the whole body in movement. Even machinery is not usually kept running full-throttle, except, maybe, in an emergency. Why push the brain when it is already doing a miraculous job?

A very real problem seems to be not whether we could obtain more production by driving something harder, but whether we are distributing usage over the different parts of the brain to our best advantage. Some people regard the brain as no more than an academic tool, and ignore its capacity for emotional appreciation. Others do the opposite. Both are driving one part of the brain beyond the point of diminishing returns, and ignoring another part that could be highly productive. To say the least, that is poor economics.

Often using one part of the brain means that, by the nature of things, we can not use some other part at the same time. After all, there is reciprocal inhibition. I can not cry while I am laughing (the fact that either may produce tears does not mean that I am doing both), nor can I play tennis, as it is usually played, while I am driving a car. A wise use of the brain might give much better results than more use of the brain. We can push the brain hard in a time of special need, by motivation or by drugs. Unfortunately if this is done frequently, it has to be paid for, perhaps by exhaustion during which the brain is not much use for anything, or is confused, by a severe reactive depression, by a literal unbalancing of the mind, or by damage to a particular part of the brain.

Quality of brain work is another question that can not be ignored. Hitler used enormous amounts of mental activity, wrecking the world. There would probably be a lot more good things around us now if he had limited himself to the mental requirements of house-decorating. I would rather think a few slow happy thoughts, in five minutes, on a languid Sunday afternoon, than have my brain, at a hundred times as many revolutions per second, turning out misery for twenty-three hours of the day.

The experience of many people has shown that drugs can open new realms of experience to conscious thought. Whether these experiences are new creations, or were already there and were admitted by the drug to consciousness, is a very difficult question to answer. My guess is that these experiences are part of the riches of our minds which could be enjoyed more easily and more fully by healthier thought than by drugged thought. It is usually the person who is already miserable who tries to compensate for a lack of opulent experience in daily life by using drugs to provide some form of fantasy. I think I get more by appreciating the wonders of a flower, or the stars at night, or somebody's friendship.

I can make one useful suggestion. When our resources are limited we can get more production by a better organization of their use. That is what good education is all about. Too often we try to count our sheep by checking the number of legs and dividing by four.

George Miller, a psychologist, made an interesting discovery some years ago. Most people can, directly, judge or count only about seven things. Some people can not even manage seven, and a few can deal with a couple more. That is, if there are seven flowers in a row, you can probably tell how many there are just by glancing at them. If there are eleven flowers in a row you will almost certainly have to count, "One, two, three...ten, eleven." It is a very simple matter to test your powers.

Supposing you want to have a large garden full of these flowers, and you want to be able to count quickly how many of your flowers have died. How would you arrange it, if you are organizing the use of your brain? Can you think of a better way than planting the flowers in rows of seven (or five or six, or eight or nine, according to your mental capacity), in seven rows, in seven beds, in seven sections (in seven gardens if your eyes can see flowers that far away!). Then a glance will tell you how many flowers are dead in a row, how many rows have dead flowers—(Well, the story goes on and ends with, "How many gardens—?").

Your neighbor, over the fence, planted the same number of flowers, all higglety-pigglety. As you walk over to speak to him you hear, "Five thousand, seven hundred and sixty-nine, five thousand, seven hundred and seventy. Yes, you're right. We could do with a good day's rain. Five thousand, seven hundred— Where was I? One, two, three..." Notice the difference? Organized brainwork can be applied to almost any situation, even to counting the increased production.

The brain-work organization above is not quite complete, but you should not find it difficult to carry it further. In a way, we have been programming the situation, setting it up in such a way that the brain will be able to solve our problems with the minimum of steps. It is a simple model of the discipline imposed by a computer. Putting it the other way around, the computer provides the answer to the same kind of problems when they are more elaborate. In much the same way as the mechanical shovel is an extension of man's hand, so the computer is the extension, in some respects, of man's brain, and provides some of the answers you are looking for. Rather than take a spade and shovel, most people prefer to lean on a post and watch a mechanical shovel digging out the basement of a new house. For much the same reasons my brain prefers to let a computer do its work when that is possible. This leaves my brain available to do other things which the computer cannot do, like what I am doing now.

Finally, about tapping the unconscious and bringing material into the conscious and retaining it without injurious effects. Can we? The answer is affirmative. It is being done by drugs, by psychoanalytical techniques, by relaxation and feelings of increased personal security, and by hypnosis.

Again, the important question sometimes is: Should we? Our minds put material into the unconscious because it is too disturbing to be kept in the conscious. If we are ready to take it, perhaps because we have developed a greater maturity, perhaps because we trust in the emotional support of the therapist who is helping to bring the material into consciousness, that's fine. It is better to be able to face ourselves consciously, if we can. If we are not ready, then it would be very foolish, or worse, to let these destructive forces loose in our conscious minds. The question of whether it is safe to do such things has to be decided by the therapist, with the informed consent of the patient, in much the same way as a surgeon sometimes has to decide whether the patient is fit to undergo a necessary surgical operation. In my opinion, the hypnotist, of all the psychotherapists, is in the best position to make such a decision.

One more thing. If you really want to get your brain going and expand its activities, ask a lot of fellows to send you a bunch of questions about psychological problems, and try to answer them.

It should be pointed out that some psychologists would not agree with some of the views I express. Psychologists do not always agree among themselves. They probably do better than politicians of different parties trying to agree about the issues that require their attention though. I do claim that a significant body of reputable psychologists would agree in principle with my comments.

Douglas Montgomery.

SOCIAL PSYCHOLOGY, FOUNDATIONS OF :E. Jones & H. Gerard, Wiley 1967

pp291 "The frustration-aggression hypothesis implies that aggression will be more completely inhibited when the agent of frustration is powerful and capable of retaliation than when he is weak and impotent. Such differences in inhibition are built into social norms: it is certainly more permissible for a father to spank his child than for the child to hit his father. These norms are undoubtedly supported by recurrent personal experiences that lead each of us to realize that aggression against more powerful adversaries does not pay (Berkowitz, 1958)

"In the investigation of this problem the differential power of the agent and recipient of frustration has typically been defined in terms of social status and authority. There is ample evidence that aggression is more likely to be expressed towards low-status than high-status instigators. This has been the consistent result of paper-and-pencil investigations in which frustrating situations are verbally presented to the subject and he is asked to give his most likely response. If identical frustrations are perpetrated by parents on one form of the test and siblings on the other, for example, the response of the subject tends to be much less aggressive on the parent items (Graham, Charvat, Honig, and Wertz, 1951; Cohen, 1955).

CANADA DAY FASTBALL TOURNAMENT by Harold Bastien

What a beautiful day for a ball tournament. The draw was taken between the four teams. The Jets are to play Pines in the first game of the day. As the game got under way, up comes big Jim Cook to hit a home run, and there was no looking back from that time on. Tony pitched a flawless game, to only give up two runs: Jets 10, Pines 2. What a game. Nice going guys. You all played well.

Up comes the second game between Tamworth and United Furniture Stores. This Tamworth team looked like they could have eaten up the best there is, but they didn't. Count on a young fellow named Wheeler who pitched one hell of a game and won a tight game well played by all. A 4 to 2 victory went to U.F.S. Nice going guys. You all played well. What a build-up for a final between the U.F.S. and the Jets!

Patty Lambert started pitching for the Jets and young Wheeler was back for the U.F.S. The Jets started out by getting 5 runs and slowly but surely the U.F.S. came back to tie it up in the 5th inning. Then out comes our Coach and a champ in his own right, Donny Jones. He pulled a change and brought big Tony back. Tony held the tie and the Jets rallied for 4 more runs. Nice going guys, and to you Larry Armes, who won the Player of the Day for the Jets. It's too bad there weren't more trophies. I think all you guys deserved one. It was a tough decision on the judges' part to pick just one player from the Jets. The way you guys go, and that spoiler Mr. Wheeler. Congratulations to this young fellow. He got Outstanding Players on the opposition side. Nice going pal. You really held your team in there. Nice going U.F.S. Better luck next time. I just know you'll be back and will be just a little better to go with. See you again.

—Harold Bastien



CHARLIE SHERIDAN'S COLUMN by C.Sheridan, Library Technician

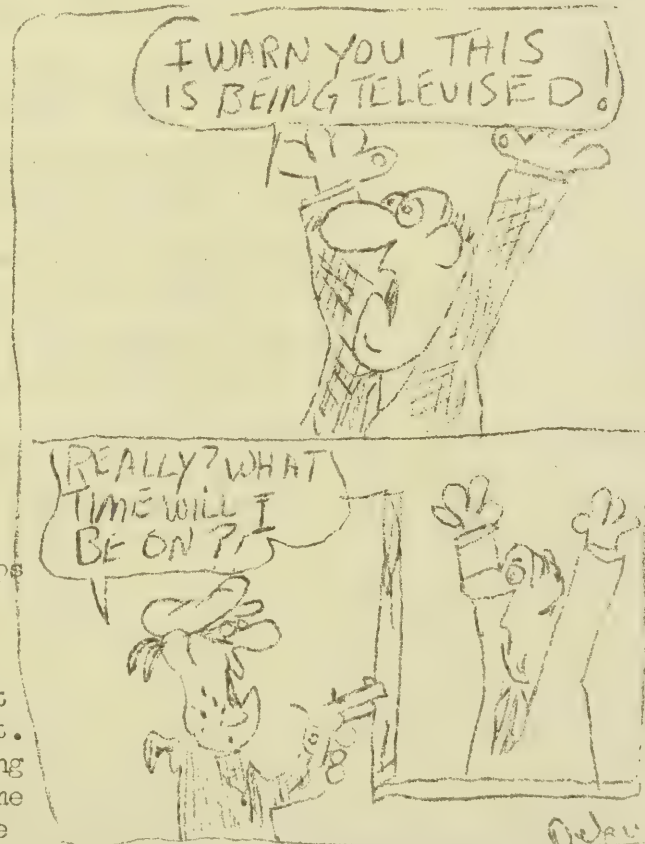
Went out on the July 1st holiday to watch the Softball Congress but got so interested in what was going on in the stands I missed most of the plays on the field. The spectators were much more interesting. The outside ball teams brought in visitors and they were really rooting for their team.

A little Brunette sitting at the top of the stands keeping score for her team was very vocal, calling her pitcher "Shucker" and I'm pretty sure calling ours "SUCKER," but in a nice way. She was so sad near the end of the game when her team was losing that one of the boys took her over a Crying Towel. A good laugh was had over that. Later, when our Manager was making a Protest she threw the Towel to him so he could have something to cry into. A Redheaded lady from the same rooting section got so upset when her team made a couple of misplays that she started jumping all over them. That Game was so interesting that there was even a Pigeon walking around the stands watching the action.

I feel a little sorry for ALICE though. With all her Walking, Sturttng and Eyelash Batting "Nothing" with all those female visitors she couldn't even get up at bat. Of course RONNIE was keeping an eye on her all day so she didn't have a chance anyway. That RONNIE has taste, what kind I don't know, but taste. It was a great day though, everybody who was anybody was out and around. Even the Staff Barber who never goes anywhere was out there. Gord Connor's secty. "DIANE" came in to visit, wearing "Jeans" yet, not bad, considering... And Boy was she happy. Just her and a half dozen other Gals among 300 or so "MEN" "WHEEEEE"...

'SCOTTY' was at the Ballfield all day. In the evening during the last game was one of the best Rooters for our team. When we won he let out a HOLLER you could have heard two blocks away. The two guys "HAROLD" and "BOB" who picked the MVP winners for the awards had a real rough job, but made good choices. The Pitcher for the outside team who had Pitched two back to back games and for our side "TARRY ARMES." Real good choices. You never say two more surprised faces in your life though when their names were called.

One play especially during the last game I've got to mention. Going for a fly ball near third base, "ROBBIE" the shortstop had to make a deep split to catch the ball and I thought he would come apart at the hips or at least have to walk funny or something, but he was lucky, nothing let go otherwise he would have been walking around bow-legged for the next month. He deserved the applause he got. There was lots of fun and joking during all three games and I think a good time was had by all. We should do this more often. A big hand for Gord Connor who set the deal up. Congrats for a job well done by all.



by Dennis Bally
Recreation Department

CONSTITUENTS OF FOOD:

In Table 1 we have presented a chart summary of the constituents of food, the daily amounts required for healthful living, examples of some sources of the constituent, and the function each constituent serves.

As you will notice, some of the recommended daily intakes of vitamins and minerals vary somewhat between the two information sources. Most discrepancies are minimal and an average of the two sources is suggested.

FOOD GROUPS:

1. Foods are divided into the following ~~XXX~~ groups:

- a) Milk group
- b) Meat group
- c) Dark green or deep yellow vegetables group
- d) Citrus Fruit group
- e) Other Fruits and Vegetables group
- f) Bread group
- g) Fat group
- h) Dessert group

2. Each group contains foods similar in:

- a) nutritive value per serving....ie similar amounts of carbohydrates, minerals, protein, etc.
- b) calorie value per serving

3. See Table 2 and study the foods in each group carefully. Some foods placed in different groups may surprise you!

4. Foods within each group may be substituted or exchanged for each other.

5. See Table 3 to see "how much" comprises "one serving." For example, one ounce of meat equals one serving.

6. The number of servings from each group depends on the total daily calorie intake. For examples, see Table 3.

7. Desserts and sweets are hi-calorie, low nutritive foods. They should be used to add calories to an already sound basic diet, NOT TO REPLACE a sound diet.

TABLE 1:

WHAT DO YOU KNOW ABOUT NUTRITION?

35

CONSTITUENT OF FOOD	DAILY AMOUNT REQUIRED	SOURCES	WHY NEEDED
CARBOHYDRATES	*40-50% of daily calorie intake made up of carbohydrates	*bread & cereals *potatoes & corn *bananas *dried and sweetened fruits *sugar *syrup, jelly, honey	*one of the major energy sources *carry other nutrients present in food
FATS	*low fat diet recommended that 35% of total calorie intake per day be comprised of fats	*butter *cream *salad oils *salad dressings *cooking fats *fat meats	*to supply a large amount of energy in a small amount of food *to help keep skin smooth and healthy by supplying essential fatty acids
	*for athletes, approximately 40% of the total calorie intake per day should come from fats		*to carry fat soluble vitamins
PROTEINS	*recommended that 10-15% of the total daily intake of calories be from proteins *approximately 1 gram of protein per kilogram of body weight per day	*meat, fish, eggs *poultry *milk *cheese *breads & cereals *dried beans & peas *peanut butter *nuts	*build and repairs all body tissues *help form antibodies in the blood for fighting infection *to supply energy in emergency situations

WHAT DO YOU KNOW ABOUT NUTRITION?

CONSTITUENT OF FOOD	DAILY AMOUNT REQUIRED	SOURCES	WHY NEEDED
VITAMIN A	*source #1... 3700 I.U. *source #2.... 3.1 mg	*yellow fruits *dark green and yellow vegetables *butter, whole milk *ice cream, cream *liver	*keep skin smooth and soft *keep mucous membranes firm and resistant to infection *protect against night blindness
VITAMIN B 1	*source #1... 0.8 mg *source #2... 1.3 mg	*meat, fish, poultry *enriched whole grain breads and cereals *milk *white potatoes	*to keep appetite and digestion normal *to keep the nervous system healthy *protect against night blindness *prevention of beriberi
VITAMIN B 2 (Riboflavin)	*source #1... 1.0 mg *source #2... 1.8 mg	*milk *all types of cheese *ice cream *meat, fish, poultry *eggs	*to help keep vision clear *to help the cells use oxygen *help the body release energy from food
VITAMIN C (Ascorbic Acid)	*source #1 .. 30.0 mg *source #2... 80.0 mg	*citrus fruits *strawberry *tomatoes *green peppers *raw greens *cabbage	*to make cementing materials that hold body cells together *help resist infections *make the walls of the blood vessels firm *to help prevent fatigue *to help in healing wounds and broken bones
VITAMIN D	*source #1.... unavailable *source #2... 11.0 mg	*milk *butter *liver oils *fish *sunshine	*help body absorb calcium and phosphorus needed in bone growth *prevention of rickets (softening of children's bones)

WHAT DO YOU KNOW ABOUT NUTRITION?

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CONSTITUENT OF
FOOD

DAILY AMOUNT
REQUIRED

SOURCES

WHY NEEDED

CALCIUM
(Mineral)

*source #1...
0.5 mg

*milk
*cheese
*ice cream

*to help build bones and
teeth

*source #2...
unavailable

*turnip and mustard
greens

*to help make blood clot
*to help muscles react normally
*to delay fatigue and help
tired muscles recover

IRON
(Mineral)

*source #1...
men...6.0 mg
women...10.0 mg
teenager...12.0 mg

*liver
*meat & eggs
*green leafy
vegetables
*raisins
*dried apricots

*to combine with protein to
make hemoglobin

COPPER

*unavailable

*same foods as
for iron

*used in process which iron is
used to synthesis hemoglobin
*essential constituent of many
enzymes that function in
tissue metabolism

IODINE
(Mineral)

*unavailable

*iodized salt
*salt water
fish
*foods grown in
iodine rich soils

*to enable the thyroid gland
to produce enough of its
hormones

WATER

*average person
1500-2000 ml.

*natural sources
*all beverages
*vegetables
*meats
*fish

*forms the electrolyte solution
required in all cells
*is the medium in which all
chemical reactions of the
body occur

*athletes who
are sweating
hard...add
500-1000 ml

TABLE 2

FOOD GROUP	UNIT OF MEASURE	CONTAINS	EXAMPLES
MILK	1 cup	*1 cup of whole milk contains 12 grams carbohydrates, 8 grams protein, 10 grams fat, and 170 calories *1 cup skim milk contains 80 calories *1 cup of cocoa made with milk contains about 200 calories	*1 cup whole milk *1 cup skim milk * $\frac{1}{2}$ cup evaporated milk * $\frac{1}{4}$ cup powdered milk *1 cup buttermilk *1 cup cocoa
MEAT	1 ounce	*1 ounce contains 7 grams protein 5 grams fat, and 75 calories	*1 ounce lean beef, pork, liver, or chicken *1 ounce of fish *1 hot dog *1 slice cheese * $\frac{1}{4}$ cup cottage cheese *1 egg *2 tablespoons peanut butter * $\frac{1}{4}$ cup tuna, salmon, crab *3 medium sardines
DARK GREEN OR DEEP YELLOW VEGETABLES	$\frac{1}{2}$ cup	*Greens and lettuce have very little carbohydrate content. The other vegetables contain approx, 7 grams carbohydrates, and 2 grams protein, and 35 calories	*broccoli *Carrots *Chicory *Pepper *Pumpkins Tomatoes *Watercress *Turnip greens *Beet greens *Chard *Collard *Dandelion *Kale Mustard *Spinach *Lettuce
CITRUS FRUITS		*The carbohydrate is averaged to approximately 10 grams per cup and 40 calories	*Oranges & orange juice *Grapefruit & grapefruit juice *Tomatoe juice *Rangerines *Strawberries

WHAT DO YOU KNOW ABOUT NUTRITION?

TABLE 2

FOOD GROUP	UNIT OF MEASURE	CONTAINS	EXAMPLES
OTHER FRUITS AND VEGETABLES	$\frac{1}{2}$ cup	*There is approximately 10 grams carbohydrate and 40 calories in the fruits	*Apple *Applesauce *Apricots *Banana *Raspberries *Blueberries *Cherries *Dates & figs *Grapes *Mango *Peach *Pear *Pineapple *Plums *Rasins *Prunes *Watermelon *Grape juice
	$\frac{1}{2}$ cup	*The vegetables contain approximately 7 grams carbohydrates, 2 grams protein and 35 calories	*Asparagus *Beets *Brussel sprout *Cabbage *Celery *Cucumbers *Mushroom *Onions *Peas, green *Radishes *Rutabagas *Sauerkraut *String Beans *Turnips *String Beans *Cauliflower
BREAD	1 slice	*1 slice of bread or 1 substitute contains 15 grams carbohydrates, 2 grams protein, and 70 calories.	*hamburger bun or hot dog bun *cup pop corn *slice enriched bread *biscuit *inch wedge pizza *small muffin *cup cooked cereal *cup spaghetti noodles *saltines *cup baked beans *cup beans or peas *small potato *cup mashed potato *5 potato chips *French fries

TABLE 2

WHAT DO YOU KNOW ABOUT NUTRITION?

EXAMPLES

FOOD GROUP	UNIT OF MEASURE	CONTAINS	
FAT	1 teaspoon	* 1 teaspoon contains 5 grams fat and 45 calories	
			*Bacon.....1 slice *Butter, margarine...1 teaspoon *Light cream.....2 tablespoons *Heavy cream.....1 table spoons *Cream cheese.....1 table spoon *French Dressing...1 table spoon *Mayonnaise.....1 teaspoon *Oil or cooking fat...1 teaspoon
DESSERTS	Milk shake (fountain size)	400 calories	
	Malted milk shake	500 calories	
	Sundaes	215-325 calories	
	Sodas	260	
	Hamburger and bun	360	
	Hot dog and bun	210	
	Pizza (4-5" section)	135	
	Popcorn	75	
	Nuts (3 tablespoons)	150	
	Pound cake (3 7/8 " slice)	140	
	Layer cake with frosting (2 " slice)	370-445	
	Pancake (4" diameter)	60	
	Waffle medium	215	
	Brownies (2"X 2" X 3/4")	140	
	Pie 1/8 of a 9" pie	275-345	
	Fruit juice (1cup)	110-165	

Reproduced from "Nutrition for Athletes," American Association for Health, Physical Education, And Recreation, Washington, D. C. 1971, page 6-7, and 19.

FOOD GROUPS:

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TABLE 3 shows the food groups, the unit of measure comprising one serving, and examples of the number of servings required for different calorie diets.

TABLE 3:

NUMBER OF SERVINGS REQUIRED
FOR DIETS WHOSE TOTAL DAILY
CALORIE COUNT IS:

FOOD GROUP	UNIT OF MEASURE FOR ONE SERVING	1400 cal.	2250 cal.	2500 cal.	2700 cal.	3000 cal.
Milk group	1 cup	2-4	4	4	4	4
Meat group	1 ounce	3	5	5	5	7
Dark green & Deep yellow Vegetables	$\frac{1}{2}$ cup	1	1	1	1	1
Citrus Fruits	$\frac{1}{2}$ cup	1	1	1	1	1
Other Fruits & Vegetables	$\frac{1}{2}$ cup	2-3	2	2	3	3
Bread group	1 slice	3-5	10	13	16	18
Fat group	1 teaspoon	—	7	10	10	10

Reproduced from: "Nutrition for Athletes," American Association for Health, Physical Education, and Recreation, Washington, D. C. , 1971.

and "The Canada Food Guide" Health and Welfare Canada.

In next month's issue, we shall introduce the concept of "calories"; what it really means. Also we will look at what factors affect the utilization of calories.

In addition, we shall present some information specific to the athlete. Some of the mystery and misconceptions surrounding the "PRE-GAME MEAL" shall be discussed. What to eat, what not to eat, how much, how soon, etc. are all questions that will be answered.

ALL THESE QUESTIONS AND MORE WILL BE ANSWERED IN THE
NEXT EPISODE OF:

"WHAT DO YOU KNOW ABOUT NUTRITION?"

AUTHOR'S NOTE: If you have any questions regarding the information presented, or have any specific questions that you would like answered, see one of the Recreation Officers.

God grant me the serenity to accept the things I cannot change...
 Courage to change the things I can...
 And wisdom to know the difference...

Pacem in Terris hailed from Catholic Register, June 10, 1978

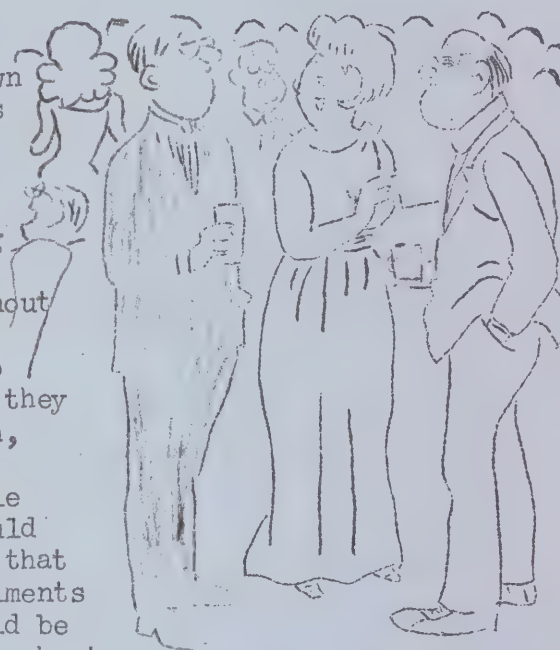
DAVENPORT, Iowa--Pope John XXIII's encyclical, Pacem in Terris (Peace on Earth) was called "the most outstanding piece of Catholic social teaching in the 20th century" at a Mass here marking its 15th anniversary. Father J. Bryan Hehir said the "fundamental contribution" of the encyclical was that "it set front and centre everything we mean by the social commitment of Christians," which is "to protect the sacredness of the human person." Father Hehir described the papal document as "a personalized letter, but also a public letter about the public order that must be built. It gives us a moral vision of our life as a human community."

HUMANISM

J.S. Mill: On Liberty (1859)

"Over himself, over his own body and mind, the individual is sovereign. We must have liberty of tastes and pursuits; of framing the plan of our life to suit our own character; of doing as we like, subject to such consequences as may follow: without impediment from our fellow creatures, so long as what we do does not harm them, even though they should think our conduct foolish, perverse or wrong..."

"As it is useful that while mankind are imperfect there should be different opinions, so it is that there should be different experiments of living; that free scope should be given to varieties of character, short of injury to others; and that the worth of different modes of life should be proved practically, when anyone thinks fit to try them. It is desirable, in short, that in things which do not primarily concern others, individuality should assert itself."



"Mr. Lipscomb, here, is a member of the mugging community!"

cont'd from Page 6:... real self. At first he may be suspicious, uneasy, self-conscious. But wait. Soon he will demobilize his emotions, cast off his personality armor, crawl out of the dust bowl of despair, and allow his inner self to come alive. He will analyze his own feeling as he pours them out, discriminate between what he has done and what is more honestly, could have wanted to do. Through the miracle of someone listening creatively he will at last listen to himself.

---Richie Maciulko

GRAVELLE TALK: by Paul Gravelle

- Give me the Five Iron...No, on second thought, give me that other club...no, no, give me that one I bought up in Toronto...Ah yes, that Canadian Club...
- The only thing on the level is mountain climbing...
- The past must no longer be used as an anvil for beating out the present and the future...
- Being a philosopher, I have a problem for every solution...
- I write poems like spiders spin webs, and perhaps for much the same reason: to support my existence...
- Life: consider the alternative...
- PLEASE? Light a light Keep it glowing,
And keep it glowing, All through the night.
Light a light, wherever you may be,
Light a light,
Please, for me?

Dearest Love

The very best of all my
Thoughts
Are those that speak of
You
My fondest hopes, my
Cherished dreams,
My prayers to the Lord
Above
The very best of these, I
Offer you, MY LOVE.

- Xerox never comes up with anything original...
- Aggravation: your ship finally comes in and there's a dock strike...
- I have some good news and some bad news. First the good news: there is no bad news. Now, the bad news is that's all the good news that I have...
- If you wake up sleepy and grumpy some morning, then you must be a sleeping beauty...
- Mr. & Mrs. Wong rushed to the hospital where Mrs. Wong was delivered of a nine pound, totally-white baby. Mr. Wong stood outside the nursery window, shaking his head sadly. "It must have been the milkman," he concluded, "Two Wongs don't make a white!"
- On the outskirts of Hamilton there's a little bitty town called **Someville**, that consists of three dozen people and a dog...and the dog is the mayor...
- What's the difference between a peeping tom and a gypsy? The gypsy snatches watches...
- Why don't they have telephones in China? Because there's so many Wings and Wongs they might wing the wong number...

SF EYEWITNESS

by Bill Hutton

It was when I was a factor for the Dutch East India Company in Borneo...I was just a youngster out from Holland, new to the native world, finding everything mysterious...

I was walking in the jungle one morning early. I was on my way to the post at Uluwagi...

The native guide leading the way suddenly yelled, "Hey Boss, there is whirly-whirly!" This didn't mean much to me. I thought he was talking about some bird or animal, but his gestures made me wonder if I should look into it. I looked through the opening in the bush and saw a bright metallic saucer settled down by the stream in the valley which cut through the mountains as if it was plowed...and strangest of all, there was a crowd of apemen around the saucer, and going in and out of it! Ridiculous, I told myself! Apes in Borneo would run a mile from any mechanical machine like this!

Not these apes though...They were dressed in suits of bright cloth, talking loudly to each other in some wild tongue that sounded somewhat like the chattering of the apes in the trees, but wasn't so emotionally decadent...

They seemed very peaceful...I didn't see any weapons, but they were smoking cigars...They were also talking to apes who weren't wearing clothes at all...

My guide's eyes bulged with wonderment and fear. "What do the whirly-whirlies want here, boss?" he asked, as if white men knew everything...

"What do your people say about whirly-whirlies?" was my clever response...

"They say they come from up in the sky!" Kemden said...

"Well, that's at least something!" I said dryly, "My people say they only come from the heads of crazy people!"

Kemden looked less alarmed. He considered what I had said and smiled, "My people are not so stupid then!" he said.

"Why no!" I was quick to volunteer, "Who on earth said they were?"

"White man come to make us work!" he said with a sad expression, "They want us to 'pay attention' their thing only!"

We watched the dialogue going on below and I thought how aptly he had put it.

"What do your people think the whirly-whirlies do to the apemen?" I asked. "Are they going to take them for work too?"

Kemden considered this carefully. "They take sometimes, and go way up in the sky out of sight, but they love own kind good!" he said proudly, "My people love own kind good too! White man try love other kind sometimes, like missionary lady, but not be real kind anybody!"

I tried to think about what I should do...I was watching an impossible sort of contact in the valley below, as far as any whiteman was concerned... Even though a landing before parliament would be "reasonable" to the whiteman, a landing in the bush to speak to apemen wasn't...who knew what they might be plotting against "the hairless ones"?

I looked at the scene without the blinders we usually use in defining all other animals as "lower," and I couldn't see anything except a group of people talking to another group of people who had apparently been stranded or marooned on the world...god only knows under what set of circumstances... The ones from the saucer trying to revive their fallen brothers from their long and frightful sleep and traumas of abandonment which had reduced them to such an extent that the ants they ate to discover purposefulness seemed more fortunate beings to them...

I turned over in my mind what I should do-- the curse of the whiteman that he always thinks he's got to do something about it! I decided to go native and just watch the whirly-whirly as my companion was doing...he looked at me gratefully as he saw I wasn't about to put on a demonstration to show white supremacy...

But I had figured again that whitemen had the superior powers of intellect and decision...there was a bit of a football huddle in the valley and one of the clothed apemen was pointing in our direction. He began to climb towards us, without a weapon, smoking his cigar in a casual way. He was very strong as the abandoned colonists are often found to be by us, and he climbed swiftly...Kemden looked at me to see if I was alarmed and asked, "Should we go away, boss?" I thought about it, but figured I couldn't really do it even if the approaching apeman was a stronger fellow than I was...I could at least act as confident as he was...

We stood up when he was within a few feet of us and I had quite a shock when I looked into his very intelligent eyes which seemed to glow with redness because his pupils were red...His words formed in my head, and they had a musical sort of lilt to them:

"Ho there, whiteman! What do you think about our visit with our brothers? This is as you say "a far out thing" !"

I had never heard such an expression before and he puffed his cigar and said, "I am sorry! I forget that it is not the 20th century here! What I said was the Future Idiom ! Then I will say, in the 18th ! We are a strange thing to you!"

I thought he was strange, but this didn't seem polite since he was the friendliest of the strangest I had ever met. I felt around in my head looking for something diplomatic to say...

He laughed the friendliest of laughs. "Well, thank you, young fellow! I guess that Kemden has not been wrong in finding you a nice boss! But, as he says, they are few and far between!"

I was embarrassed. I studied the embossed design on his uniform. It looked like a cube in several different positions, like the isometrical drawings of engineering draftsmen...

"The emblem of our fleet!" the captain said, "It's a multi-dimensional representation of how we fly!"

"Where do you come from?" I asked.

I saw a picture in my mind of black space, then a constellation in the Southern Hemisphere I knew as Draco...

"We are the third world out from our star, even as you are!" he said.

"But it is very far away!" I said, astounded at the information.

"Flying as we do this is nothing!" the captain said. "I have been completely across the width of this Milky Way Galaxy, stopping at various places and the journey only took me 10 years!"

"But that's 10,000 light years per year!" I said, "That's impossible!" Then I wondered where that information came from. I had never studied Astronomy at any time...

"You are remembering!" the captain said. "You used to fly across the stars too!"

I was stunned. Kemden had an interesting smile on his face. The captain turned to go.

"Well, I'll be seeing you again!" he said, and instead of walking down into the valley, he was at the spot and then he wasn't, and when I looked at the ship far down, there he was laughing and talking to his friends...I felt rather ridiculous, but I couldn't explain why, unless it was because all of my concepts had done a flip-flop...



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